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Our own family heirloom favorites, updated and improved

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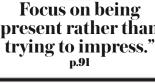
# Love, Loss & Fruit Salad

For the grieving, food and fellowship sustain body and soul.

# on the cover

PHOTOGRAPHY Jennifer Causey
FOOD STYLING Marian Cooper Cairns
PROP STYLING Alistair Turnbull

Focus on being present rather than trying to impress."





**GEAR IN EVERY** COLOR OF THE







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3DWHITE

# note from the editor

# MAKERSGIVING

# THE BIGGEST FEAST OF

THE YEAR presents an opportunity to take stock of what matters most once you've actually made the turkey stock and gravy—and roasted, stewed, and mashed like there's no tomorrow. Like many of you, we have a tradition at home, passed on from my sprawling extended family, of going around the table to say what we're thankful for every Thanksgiving.

I'll start: I'm thankful for my beautiful wife and two sweet little girls at home.

# "On behalf of our staff, cheers to you, and Happy Thanksgiving."

I'm also thankful that I get to come to the office every day to collaborate with the creative team you see below.

The best part of our jobs here at *Cooking Light* is obsessing over food and making delicious things that people use and share. Take this special November issue, for instance. Our annual double issue affords us the luxury of publishing twice

the recipes and pages, meaning we get to nerd out on delicious topics like root vegetables and craft beer, say, and print long reads like Copy Director Susan McWilliams' heartfelt story on page 238.

The magazine that you're holding in your hands is actually made by hands, many of them. Come visit us

during the summer months as we're producing the holidays and you'll see our crew in action and smell the turkeys roasting. You'll see them making the recipes look as good on camera as they taste.

We are a team of cooks and editors, artists and designers, photographers and stylists. We are makers. And we hope you have as much fun using this special issue as we did making it.

On behalf of our staff, cheers to you, and Happy Thanksgiving.

HUNTER LEWIS
hunter@cookinglight.com

HOTOGRAPHY; ROBBIE CAPONETTO; PROP STYLING; CLAIRE SPOLLEN; BENCH; MILTON BENCH OURTESY OF ATHOME FURNISHINGS; INSET PHOTOGRAPHY; JENNIFER CAUSEY



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The joy in my

girls' eyes

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Family, friends, Ole Miss Rebels, Messi, employment



# acookinglight

# **Cooking Light**



**SMART SONS** 

My two boys left me a very "subtle" message regarding the image and recipe for the One-Pan Broccoli-Bacon Mac 'n' Cheese (September, p. 146). Clearly, this will be included in my dinner rotation!

> STACEY DOROW LIBERTYVILLE. IL

# **PROTEIN PRAISE**

Thank you for the article clarifying protein needs (September, p. 67). Vegetarians like me are constantly asked, "How do you get enough protein?" because it's just assumed that all dietary protein has to come from animal products. Extra props for not perpetuating the "proteincombining" myth! A varied diet of plant proteins is more than adequate for optimal health. LISA BRAITHWAITE SANTA BARBARA, CA

# MIGHTY MEAT LOAF

Although I've subscribed and enjoyed the magazine for several years, I've never made any of your recipes, but the

Veggie-Packed Meat Loaf in September's issue (p. 74) intrigued me so. Although I was HIGHLY skeptical, I made it today. The joke was on me-it was just delicious! We'll be trying more of September's family-friendly recipes! JULIA DIGGS AUSTIN, TX

# **BEST ISSUE EVER**

Every month, Cooking Light has great recipes, but September's magazine was one of the best ever! We have made seven recipes so far and loved them all. Now we're working on the next seven for this week. Thank you for helping make weekly meal planning easy and very yummy! COURTNEY ENGLE PHOENIX, AZ



The Diet gets you more heavily involved with vour food. You become more mindful about what it is you're eating, because you're following new recipes... And I think that's key to good health, not just losing weight.



-Dr. Kathy Seiler, a biology professor at Champlain College in Vermont, has employed the Cooking Light Diet to help her family win the healthy eating battle.

\*Members following the Cooking Light Diet lose more than half a pound per week, on average.

Save Cooking Light recipes with your phone.

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- 4 You can save the recipe to your MyRecipes file. (Don't have one? Sign up at myrecipes.com.)



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TRENDING TASTES

from COOKING LIGHT'S FOUTORS

# let's get COCKING



# Acorn Squash with Kale Tabbouleh

PHOTOGRAPHY; JENNIFER CAUSEY; FOOD STYLING; CHELSEA ZIMMER; PROPSTYLING; CLAIRE SPOLLEN. PORTRAIT; COURTESY OF MARIANNA MASSEY

Chef Alon Shaya puts a modern Israeli twist on roasted squash.

BY TIM CEBULA

n winter squash season, it seems butternut gets all the love while acorn squash gets passed by. Alon Shaya, chefowner of Shaya in New Orleans and winner of the 2015 James Beard Best Chef: South award, understands why: "The skin is tough, and that's what turns people away," he says. "They try to peel it, and it's got all these creases and nooks that are impossible to get into."

Roasting acorn squash with the skin on not only solves that problem, but it also makes it even more delicious. "Like cooking a whole fish skin-on, it keeps it moist and intensifies the flavor," says Shaya. "The skin adds more depth and just a little bit of bitterness to balance the natural sweetness." Shaya loves that acorn has more vegetal, earthy flavor than butternut, ideal for complexly flavored dishes like this one.

NOVEMBER 2015 COOKING LIGHT 11

foodie, the Foldio portable studio is a must. \$45 to \$75, orangemonkie.com







uses: Poach Boscs, bake Bartletts, and put crunchy Asian pears in salads.

Shaya celebrates modern Israeli cooking at his restaurant, and his pomegranate-kale tabbouleh is the perfect example of an updated riff on the centuriesold classic parsley and bulgur salad. Pomegranate arils and molasses add sweet-tart acidity, while hardy kale keeps its chew when dressed. In his original version, Shaya uses baharat, an Israeli spice blend with warm, floral notes, but he says pumpkin pie spice is a good sub.

"All of the produce in this dish can be found at fall farmers' markets," he says, adding that the stuffed squash is impressive at dinner parties. Try his original dish this month at Shaya in New Orleans.

# **ACORN SQUASH WITH POMEGRANATE** AND KALE TABBOULEH

Hands-on: 25 min. Total: 1 hr. 40 min.

This is a fun dish to "carve" at the table, as each person gets one wedge to enjoy as a side dish. For an entrée take, give each person half a squash.

- 2 acorn squash
- 3 tablespoons olive oil, divided
- 1 teaspoon pumpkin pie spice, divided
- 1 teaspoon kosher salt, divided
- 1/4 cup boiling water
- 2 tablespoons uncooked bulgur
- $5\frac{1}{2}$  tablespoons fresh lemon juice,
- 1/4 teaspoon freshly ground black pepper
  - 1 cup thinly sliced stemmed green kale
  - 1 cup thinly sliced stemmed red kale
- $\frac{1}{2}$  cup pomegranate arils

- 1/4 cup finely chopped
- 3 tablespoons sliced almonds, toasted
- ½ cup tahini
- 1 garlic clove, minced
- 2 tablespoons pomegranate
- **1.** Preheat oven to 350°.
- 2. Slice tops off squash, and reserve. Scoop out seeds and membranes; discard. Brush insides of squash evenly with 1 tablespoon olive oil. Sprinkle insides with ½ teaspoon pumpkin pie spice and ½ teaspoon salt. Place squash and squash tops on a baking sheet; bake at 350° for 55 minutes or until tender.
- **3.** Combine <sup>1</sup>/<sub>4</sub> cup boiling water and bulgur in a small bowl; cover tightly with plastic wrap, and let stand 20 minutes. Fluff bulgur with a fork.
- **4.** Combine <sup>1</sup>/<sub>4</sub> cup lemon juice, remaining ½ teaspoon pumpkin pie spice, remaining ½ teaspoon salt, pepper, and remaining 2 tablespoons olive oil in a medium bowl, stirring well with a whisk. Add kale, bulgur, pomegranate arils, red onion, and toasted almonds to bowl; toss well to coat.
- **5.** Combine tahini, remaining 1½ tablespoons juice, and garlic in a small bowl. Spread tahini mixture evenly around insides of cooked squash. Divide kale mixture evenly between squash. Drizzle evenly with pomegranate molasses.

**SERVES 8** (serving size: <sup>1</sup>/<sub>4</sub> stuffed squash) **CALORIES** 250; **FAT** 14.4g (sat 1.9g, mono 7.4g, poly 4.4g); PROTEIN 5g; CARB 29g; FIBER 3g; CHOL Omg; IRON 2mg; SODIUM 257mg; CALC 104mg

# HOLIDAY PSA

# The Future of Fast

"Fast casual," the only sector of the restaurant industry that has seen consistent growth since the recession, is placing heavy emphasis on nutrition. Fast-casual concepts like LYFE Kitchen, Freshii, and chef Franklin Becker's recently opened The Little Beet are pushing to create quality menus that put health at the forefront. Even high-end chefs are embracing the potential of healthy fast casual with their newest ventures, such as José Andrés' Beefsteak and Daniel Patterson and Roy Choi's Loco'l. While flavor remains a priority in dishes like LYFE's Quinoa Crunch Bowl or Freshii's Spicy Lemongrass Soup, chefs keep calories and fat in check by letting fresh ingredients shine with minimal tampering and keep sodium low by skillfully seasoning dishes with fresh herbs and acidity. If you are roadtripping this holiday season, see if your route takes you by one of these healthier options—any excuse to skip the drive-through is a good one.

-DARCY LENZ



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# BAKE & TAKE

Have your Turkey Day pies riding in style in a Vonny Pie Carrier. \$64, vonny.com



# [ let's get cooking!



# EATQUATION

2 cups kale +  $\frac{1}{2}$  cup walnuts +  $\frac{1}{3}$  cup oil +  $\frac{1}{3}$  cup Parm + food processor = winter pesto

# MOST WANTED

# **Technicolor Kitchens**

Bye-bye, boring black and white. Color has never been hotter (or prettier) in America's kitchens.

BY KIMBERLY HOLLAND



Architec's Gripper Plus holds on to surfaces so you don't have to chase your board. Plus, the large 11 x 14-inch surface means you won't run out of room on your chopping spree.

Available in 5 colors. \$20, architecproducts.com



# **KNOBS THAT POP**

Amerock's Splash Colorful Custom Hardware gets you one step closer to your Technicolor kitchen dream. 10 knob and pull styles, 20 colors. From \$8, splashbyamerock.com



Creo uses a tempered borosilicate glass interior with a ceramic exterior for more consistent cooking and safe oven-to-table-to-freezer performance. \$75/4-piece set, amazon.com



# **STEAM AND SHOUT**

Teatime looks marvelous! Circulon's 2-Quart Circles Teakettle boasts a modern shape and fun color that will perk up any morning. \$30, amazon.com



Make quick work of lemons and limes for cocktails and margaritas with IMUSA's citrus squeezer. Silicone inserts provide comfort and help prevent slips.

\$8, target.com

# COUNTERTOP RAINBOW

Joseph Joseph's colorful carousel of kitchen tools is designed to cut mess and improve food safety, thanks to an elevated tool rest on each handle that keeps countertops clean. \$50, josephjoseph.com



Use a 5-gallon food-grade plastic bucket (like Encore brand at Lowe's) for turkey brining sans spills.



let's get cooking!



# **BEST BREW**

Cozy up with Alltech's Kentucky Bourbon Barrel Ale all winter long. \$15/ 4-pack, kentuckyale.com

# Bottles to Give Thanks For

BY DARCY LENZ

airing for a patchwork feast of flavors and textures is no easy feat, so we asked some of the nation's top sommeliers to help us select the perfect wines for Turkey Day. Each came back with a solid safe bet (both tasty and versatile) and a wild card (expressing some of the finer nuances and creativity of pairing). You're sure to have the right bottle for the occasion with any of these 10.



# LAURA WILLIAMSON

Master Sommelier, Wine Director, Mandarin Oriental, New York

# 2013 Eyrie Pinot Gris, \$16

Go for opulent whites showcasing transparent qualities unhindered by oak or heavy complexities, such as the iconic Eyrie Vineyards pinot gris.

# 2012 Matthiasson Ribolla Gialla, \$50

This is a superb discovery for guests. Luscious texture and a racy kumquat and rangpur lime backbone balance the exotic and decadent wine.



# ALPANA SINGH

Master Sommelier, Proprietor, The Boarding House, Chicago

# 2014 Alsace Hugel Gentil, \$12

Featuring delightful qualities of each of its components, this blend is an ideal complement to the cornucopia of flavor at the Thanksgiving table.

# 2013 Biale Royal Punishers Petite Sirah, \$40

Many advocate a red with light tannins for turkey, but I find bolder, rich reds like this fruit-driven sirah work just as well, if not better.

# MARIKA VIDA-ARNOLD

Certified Sommelier, Wine Director, The Ritz-Carlton New York, Central Park

# 2012 Vietti Tre Vigne Barbera d'Asti, \$15

Many red selections for Thanksgiving are pinot noir or Beaujolais, but I'd go for an Italian barbera. High acid and low tannin make it so food-friendly.

# 2013 Hatzidakis Assyrtiko de Mylos, \$18

Go Greek! Given the contrasts of this meal, a high-acid wine is in order. But there needs to be neutrality to make it work with most traditional dishes.

# YOON HA

Master Sommelier, Wine Director, Benu, San Francisco

# 2014 Domaine de la Solitude Côtes du Rhône Rosé, \$15

This grenache-driven rosé is the ultimate shape-shifter; it can expand and contract based on what's on the tip of your fork.

# 2012 Meyer-Fonné Grand Cru Kaefferkopf Pinot Gris, \$35

This powerful white has the authority to match savory turkey and stuffing and the playfulness to engage the rest of the sides.

# MATT BRADFORD

Advanced Certified Sommelier, Wine Director, Canoe, Atlanta ILLUSTRATIONS; JOEL BENJAMIN, PHOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING; KELLIE GERBER KELLEY; PROP STYLING; CLAIRE SPOLLEN. (TOP LEFT AND RIGHT) CAITLIN BENSEL; FOOD STYLING; ERIN MERHAR

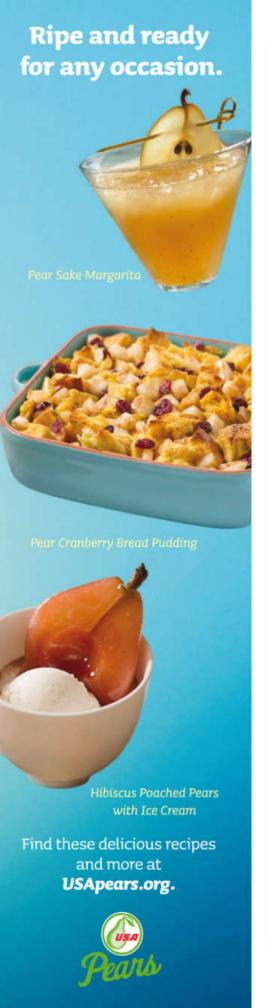
# 2013 M. Lapierre Raisins Gaulois, \$15

This is a perfect holiday wine, as it cuts through heavy dishes, similar to the way a fresh cranberry dressing accentuates the meal with brightness.

# 2008 Elvio Cogno Bordini Barbaresco, \$43

This is a beautiful, dry, and berry-laden wine based on the nebbiolo grape. If you're going with smoked turkey, this is the bottle you want.

# life is eating, laughing, loving and a place to enjoy it together. MÖRBYLÅNGA table <sup>\$</sup>699 IKEA TogetherWeEat.com MÖRBYLÅNGA table \$699 Stained and waxed oak veneer. Requires assembly. L86%×W39%×H29%". Brown 202.937.66 See IKEA store for country of origin. Valid in US stores only. ©Inter IKEA Systems B.V. 2015







HELP ME, KENJI

# **Q:** What's the best way to roast a turkey?

A: Spatchcocking, in a word. Not to brag, but I'm pretty darn good at Thanksgiving. Learning how to spatchcock a turkey is one of the reasons why it's my favorite holiday.

I've been the world's biggest spatchcock proselytizer since the first time I tried it. It's simply butterflying a turkey by cutting out its backbone and flattening it before roasting. Forget brining, flipping, marinating, sous vide—ing, or any other magic bullet. Spatchcocking is the real deal. It's far and away the best way to roast a turkey if juicy meat in both the breast and the legs, crisp skin, and minimal fuss are what you're after.

Spatchcocking offers a number of advantages. First, it produces a flat shape that speeds up cooking. What's more, the breasts end up slightly thicker than the legs, which means that they stay a little cooler and juicier. Second, with all the skin on top, you get plenty of channels for rendered fat to drain out of the turkey, giving you crisper skin and leaner meat. Third, because of its flatter profile, you can really blast it with heat without fear of the exterior burning before the center overcooks. This leads to cook times that are about half as long as a standard turkey. Finally, spatchcocking gives you a backbone to enhance your gravy.

# **HOW TO SPATCHCOCK**

- 1. I start with a moderately sized bird: 12 to 14 pounds or less. If I'm cooking for a larger crowd, I cook two birds in one oven on stacked racks, swapping them halfway through, instead of opting for a larger bird.
- **2.** Cut out the backbone with a pair of hefty kitchen shears (your butcher can do this for you), saving the bone for gravy. I flip the turkey over and spread it out so all the skin is facing up; then I season generously with salt, pepper, and olive oil.
- **3.** Lay the turkey on a rack set in a rimmed baking sheet (no need for an expensive roasting pan), and toss it into a 450° oven. You heard me: 450°.
- **4.** In under an hour and a half, when the breast meat hits 150° and the legs hit 165°, you've got yourself the fastest, juiciest bird you've ever tasted.
- **5.** Let it rest at room temperature for 20 minutes to allow the bird's temp to rise and plateau (carve too fast and the juices will run out all over the board). Then carve, plate, and bring it to the dining room.

What's that? You have guests who just have to have that picture-perfect, Norman Rockwell turkey at the center of the table? Don't worry: One bite of the best turkey they've ever eaten will change their minds.

Kenji López-Alt is the chief creative officer of Serious Éats (seriouseats.com), where he writes The Food Lah, unraveling the science of home cooking.





# Want it sweet? Check the neck to know it's ripe.

It's easy. Just use your thumb to apply gentle pressure to the neck, near the stem. If it yields slightly, your pear is ripe, sweet and juicy. If it's firm, let it ripen at room temperature for a day or two. For monthly recipes, text RECIPES to 33733 or visit usapears.org.





MEDICINE. MEDICINE.

Use as directed. Read each label. Keep out of reach of children. © Procter & Gamble, Inc., 2015





# butternut stratas with gruyère

If you don't have individual ramekins, you can bake the strata in an 8-inch square glass or ceramic baking dish coated with cooking spray for 25 minutes.

8 ounces whole-wheat sourdough bread, cut into <sup>3</sup>/<sub>4</sub>-inch cubes (about 6 cups)

Cooking spray

- 3 tablespoons water
- 1 (11-ounce) container diced peeled fresh butternut squash
- 1 cup 2% reducedfat milk
- 1/3 cup thinly sliced green onions
- 1½ teaspoons thinly sliced garlic
- 1½ teaspoons minced fresh sage
- ½ teaspoon black pepper
- 1/2 teaspoon grated whole nutmeg
- 1/4 teaspoon kosher salt
- 6 large eggs, lightly beaten
- 2 ounces Gruyère cheese, shredded (about ½ cup)
- **1.** Preheat oven to 375°.
- **2.** Arrange bread on a baking sheet; coat with cooking spray. Bake at 375°

for 10 minutes or until toasted, stirring once after 5 minutes. Combine 3 tablespoons water and squash in a medium microwave-safe bowl. Cover and microwave at HIGH 5 minutes or until tender. Drain. Combine bread cubes and squash in a large bowl. **3.** Place 4 (8-ounce) ramekins on a baking sheet. Coat with cooking spray. Combine milk and next 7 ingredients (through eggs) in a bowl, stirring with a whisk. Add milk mixture to squash mixture, stirring to combine. Divide squash mixture among prepared dishes; top with cheese.

Bake at 375° for 20 minutes

around the edges and a knife

or until stratas are puffed

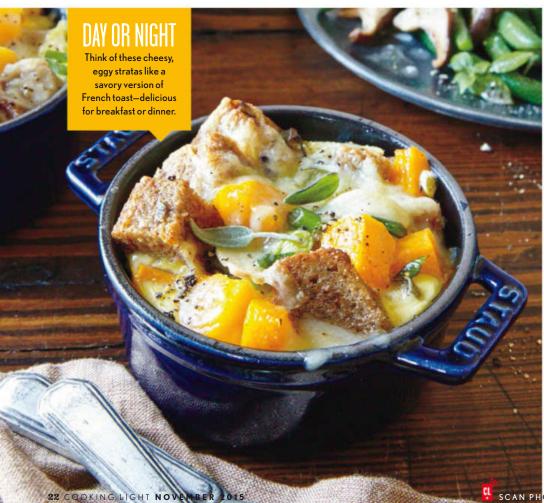
inserted in the center comes out clean, rotating the pan once after 10 minutes.

SERVES 4 (serving size: 1 strata)
CALORIES 403; FAT 14.3g (sat 6.2g, mono 4.7g, poly 2.2g); PROTEIN 23g; CARB 46g; FIBER 3g; CHOL 299mg; IRON 4mg; SODIUM 598mg; CALC 332mg

# SERVE WITH SAUTÉED GREEN BEANS AND MUSHROOMS

- 1 tablespoon olive oil
- 1/4 teaspoon kosher salt
- 2 ounces shiitake mushroom caps, sliced (about 1½ cups)
- 3 tablespoons unsalted vegetable stock (such as Kitchen Basics)
- 10 ounces green beans, trimmed (about 3 cups)
- 1 tablespoon unsalted butter
- 2 tablespoons chopped fresh basil
- 1/8 teaspoon black pepper
- 1. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add salt and mushrooms; sauté 4 minutes. Add stock and beans. Cover, reduce heat, and cook 4 minutes or until beans are crisp-tender. Stir in butter. Sprinkle with basil and black pepper.

SERVES 4 (serving size: about <sup>1</sup>/<sub>2</sub> cup)
CALORIES 88; FAT 6.5g (sat 2.3g, mono
3.2g, poly 0.6g); PROTEIN 2g; CARB
7g; FIBER 2g; CHOL 8mg; IRON 1mg;
SODIUM 140mg; CALC 30mg



# GAME PLAN

# WHILE BREAD CUBES TOAST

Prepare squash.
Prepare egg mixture.

# WHILE STRATAS BAKE

Prepare green beans.

HOTOGRAPHY: JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: MISSIE NEVILLE CRAWFORD

SCAN PHOTOS, SAVE RECIPES, SEE PAGE 8.





# **GAME PLAN**

WHILE ORZO COOKS

Prepare tomato mixture.

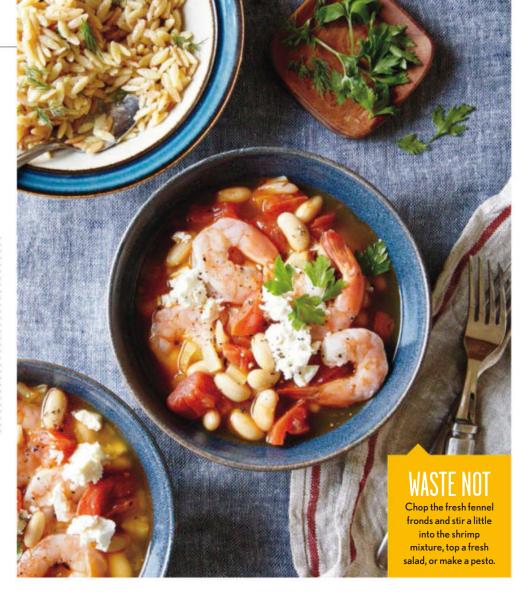
WHILE BEAN MIXTURE SIMMERS Finish orzo.

# greek shrimp

# with white beans, tomato sauce, and feta

This simple, Tuscan-inspired stew is the perfect casual supper for two, though it can easily be doubled. Enjoy leftovers with a piece of whole-grain French bread baguette for dunking.

- 1 tablespoon olive oil
- 1 teaspoon finely chopped garlic
- 1 cup finely chopped fennel bulb
- ½ cup finely chopped onion
- 1 teaspoon chopped fresh oregano
- 1 cup chopped plum tomato
- 3/4 cup unsalted chicken stock (such as Swanson)
- 1 (14.5-ounce) can unsalted cannellini beans, rinsed and drained
- 1 bay leaf
- 8 ounces medium shrimp, peeled and deveined



- 2 tablespoons finely chopped fresh parsley
- 1/4 teaspoon freshly ground black pepper
- 1 ounce crumbled feta cheese (about ½ cup)
- 1. Heat a large saucepan over medium heat. Add oil; swirl to coat. Add garlic; sauté 30 seconds or until fragrant. Add fennel, onion, and oregano; sauté 5 minutes or until lightly browned. Add tomato; cook 2 minutes. Add stock, beans, and bay leaf. Reduce heat to low; cover and simmer 10 minutes. Gently stir in shrimp; cook 2 minutes or until shrimp are done. Remove bay leaf; discard.

Stir in parsley and pepper. Sprinkle feta over top.

SERVES 2 (serving size: about 1½ cups)
CALORIES 396; FAT 12.9g (sat 3.2g, mono 5.7g, poly 1g); PROTEIN 31g; CARB 40g; FIBER 11g; CHOL 156mg; IRON 4mg; SODIUM 469mg; CALC 252mg

# SERVE WITH LEMON-DILL ORZO PILAF

A quick sauté in oil toasts the orzo slightly, so it takes on a nutty flavor. The oil coating also keeps the pasta from absorbing liquid too quickly, so it won't overcook.

- 2 teaspoons olive oil
- ½ cup uncooked orzo pasta
- 1 cup unsalted chicken stock (such as Swanson)
- 1 tablespoon chopped fresh dill
- ½ teaspoon grated lemon rind

- 2 teaspoons fresh lemon juice
- 1½ teaspoons unsalted butter
   Dash of kosher salt
   Dash of freshly ground black pepper
- 1. Heat a small saucepan over medium heat. Add oil; swirl to coat. Add orzo; cook 2 minutes or until toasted, stirring constantly. Add stock. Reduce heat to low; cover and simmer 13 minutes or until liquid is absorbed. Stir in dill and remaining ingredients.

SERVES 2 (serving size: about ½ cup)
CALORIES 239; FAT 8.2g (sat 2.5g,
mono 4g, poly 0.6g); PROTEIN 8g; CARB
33g; FIBER 2g; CHOL 8mg; IRON 0mg;
SODIUM 126mg; CALC 13mg



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# fast skillet chicken cacciatore

Lean chicken breasts cook quickly—in just 15 minutes compared to the hour-long braise in most cacciatore recipes. If you'd like more heat in the sauce, kick up the crushed red pepper to ½ teaspoon.

26 COOKING LIGHT NOVEMBER 2015

1½ tablespoons olive oil, divided

- 1<sup>1</sup>/<sub>2</sub> teaspoons finely chopped fresh rosemary
  - 1 teaspoon finely chopped garlic
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 4 (6-ounce) skinless, boneless chicken breast halves

# Cooking spray

- 1 cup thinly sliced onion
- cup thinly sliced red bell pepper
- ½ cup thinly sliced green bell pepper
- 1 (8-ounce) package presliced cremini mushrooms
- 1/2 cup dry red wine (such as Chianti)
- 1/2 cup coarsely chopped fresh basil, divided

- 1/4 teaspoon crushed red pepper
- 1 (15-ounce) can crushed tomatoes
- **1.** Combine 1½ teaspoons oil, rosemary, garlic, salt, and black pepper in a small bowl, stirring with a whisk. Rub oil mixture evenly over chicken. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add chicken to pan; cook 2 minutes on each side (chicken will not be cooked through). Remove chicken from pan. Add remaining 1 tablespoon oil to pan; swirl to coat. Add onion, bell peppers, and mushrooms; cook 4 minutes, stirring occasionally. Add wine;

cook 1 minute or until liquid is reduced by half. Stir in <sup>1</sup>/<sub>4</sub> cup basil, crushed red pepper, and tomatoes; cook 1 minute. Return chicken to pan; turn to coat. Reduce heat; cover and simmer 15 minutes or until chicken is done. Sprinkle with remaining <sup>1</sup>/<sub>4</sub> cup basil.

SERVES 4 (serving size: 1 chicken breast half and about 1 cup sauce) CALORIES 337; FAT 10.3g (sat 1.8g, mono

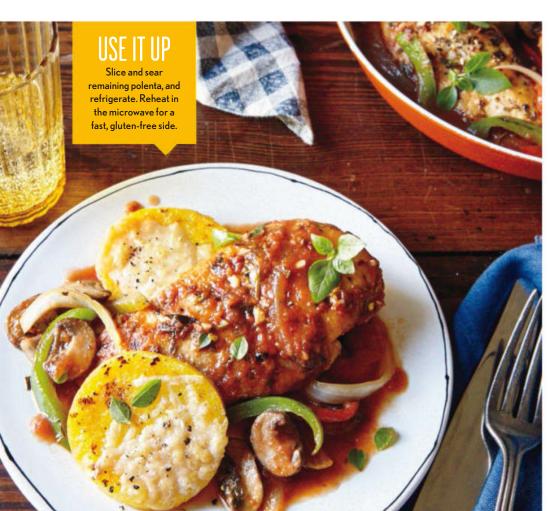
5.1g, poly 1.5g); PROTEIN 41g; CARB 16g; FIBER 4g; CHOL 109mg; IRON 3mg; SODIUM 465mg; CALC 71mg

# SERVE WITH PARMESAN POLENTA ROUNDS

# Cooking spray

- 8 ounces prepared polenta, cut into 8 (1/2-inch-thick) slices
- 2 tablespoons finely grated Parmesan cheese
- 1½ tablespoons unsalted butter, melted
- **1.** Preheat broiler to high.
- 2. Heat an ovenproof skillet over medium-high heat. Coat pan with cooking spray. Add polenta to pan; cook 2 minutes on each side or until golden. Sprinkle with Parmesan cheese and butter. Broil 2 to 3 minutes or until cheese melts.

SERVES 4 (serving size: 2 polenta rounds)
CALORIES 90; FAT 5.2g (sat 3.2g, mono
1.3g, poly 0.2g); PROTEIN 2g; CARB
8g; FIBER 1g; CHOL 14mg; IRON 0mg;
SODIUM 138mg; CALC 29mg



# **GAME PLAN**

WHILE BROILER PREHEATS

Prepare tomato mixture.

WHILE TOMATO
MIXTURE SIMMERS
Cook polenta.

CAN PHOTOS. SAVE RECIPES. SEE PAGE 8.



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# **GAME PLAN**

**WHILE EGG** NOODLES COOK Prepare chicken.

WHILE CHICKEN **SIMMERS** Prepare salad.

# beer-braised thighs mushrooms



A wide skillet and less liquid allow for a relatively short, intense braise-less

than 20 minutes, compared to many hour-long versions.

- 6 ounces uncooked no-yolk egg noodles
- 3½ tablespoons all-purpose flour, divided
  - 2 teaspoons chopped fresh thyme
  - 1/4 teaspoon paprika
  - 4 (6-ounce) bone-in chicken thighs, skinned
- ½ teaspoon kosher salt, divided
  - 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 1 (8-ounce) package cremini mushrooms, halved



- 3/4 cup dark porter beer
- 3/4 cup unsalted chicken stock (such as Swanson)
- 2 teaspoons Worcestershire sauce
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- ½ cup chopped fresh flat-leaf parsley
- 1. Cook egg noodles according to package directions, omitting salt and fat; drain.
- **2.** Combine 3 tablespoons flour, thyme, and paprika in a large zip-top plastic bag. Sprinkle chicken with \(^{1}\)4 teaspoon salt. Add chicken to bag; seal. Turn to coat.
- **3.** Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Remove chicken from flour mixture; discard flour mixture. Add chicken to

pan; cook 4 minutes or until browned. Turn chicken; cook 2 minutes. Remove chicken from pan (chicken will not be cooked through). Add onion and mushrooms to pan; cook 5 minutes or until mushrooms are browned, stirring occasionally. Stir in remaining  $1\frac{1}{2}$ teaspoons flour, remaining ½ teaspoon salt, beer, stock, Worcestershire sauce, and pepper. Bring to a boil; cook 2 minutes. Return chicken to pan. Reduce heat and cook, partially covered, 15 minutes or until chicken is done. Sprinkle with parsley. Serve with noodles.

SERVES 4 (serving size: 1 chicken thigh, 1/2 cup sauce, and 1/2 cup noodles) **CALORIES** 475; **FAT** 11.1g (sat 2.3g, mono 4.9g, poly 2.1g); **PROTEIN** 43g; **CARB** 45g; FIBER 4g; CHOL 162mg; IRON 4mg; SODIUM 474mg; CALC 42mg

# **SERVE WITH PARSLEY-FENNEL** SALAD WITH MUSTARD VINAIGRETTE

- 2 cups baby arugula
- 3/4 cup packed fresh flat-leaf parsley leaves
- 1 medium fennel bulb, cored and thinly sliced
- 2 tablespoons olive oil
- 2 teaspoons white wine vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper Dash of sugar
- **1.** Combine first 3 ingredients in a bowl. Combine oil and remaining ingredients in a bowl; add to arugula mixture. Toss.

SERVES 4 (serving size: about 1 cup) CALORIES 86; FAT 7g (sat 1g, mono 5g, poly 1g); PROTEIN 1g; CARB 6g; FIBER 2g; CHOL Omg; IRON 1mg; SODIUM 190mg; CALC 61mg





# UNDERSTAND THE DIFFERENCE BETWEEN GETTING A FLU SHOT AND CHOOSING ONE.

# CHOOSE THE FLU SHOT WITH BROADER COVERAGE.

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# creamy tuna noodle casserole with peas and breadcrumbs

We love the old-school feel of this skillet supper. If you can't find whole-wheat panko, sauté fresh whole-wheat crumbs until crisp.

- 6 ounces uncooked no-yolk egg noodles
- tablespoon olive oil
- 1 tablespoon unsalted butter
- 1 cup finely chopped onion
- 1 cup thinly sliced celery
- 3 tablespoons all-purpose flour
- 2<sup>1</sup>/<sub>4</sub> cups 1% low-fat milk
- $\frac{1}{2}$  cup frozen green peas, thawed
- $1\frac{1}{2}$  tablespoons chopped fresh dill
  - 1 teaspoon finely grated lemon rind
  - 1 tablespoon fresh lemon juice
  - 1 teaspoon dry mustard (such as Colman's)

- ½ teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 (5-ounce) can solid white albacore tuna packed in water, drained and broken into chunks
- 1/4 cup whole-wheat panko (Japanese breadcrumbs)
- 1.5 ounces Parmesan cheese, grated (about 1/3 cup)
- **1.** Preheat broiler to low.
- 2. Fill a large saucepan with water; bring to a boil. Add noodles; cook 3 minutes or until al dente. Drain. Heat a 10-inch ovenproof skillet over medium heat. Add oil and butter; swirl until butter melts. Add onion and celery; sauté 6 minutes or until

tender. Sprinkle flour over pan; cook 45 seconds. Add milk, stirring constantly. Stir in peas and next 7 ingredients (through tuna). Remove pan from heat; gently stir in noodles. Sprinkle breadcrumbs and cheese over top. Broil 2 minutes or until topping is lightly browned.

**SERVES 4** (serving size: about 1 ½ cups) **CALORIES** 436; **FAT** 11.9g (sat 5.2g, mono 4.6g, poly 0.8g); **PROTEIN** 27g; **CARB** 54g; FIBER 5g; CHOL 34mg; IRON 3mg; SODIUM 550mg; CALC 322mg

# SERVE WITH **ORANGE AND ALMOND SALAD**

- 2 medium navel oranges
- 5 cups mixed baby greens
- tablespoons sliced almonds, toasted
- 4 teaspoons olive oil
- 1 tablespoon rice vinegar
- 1/8 teaspoon kosher salt Dash of freshly ground black pepper
- 1. Peel and section oranges. Combine orange sections, greens, almonds, oil, and vinegar; toss to coat. Sprinkle with salt and pepper.

SERVES 4 (serving size: about 11/2 cups) CALORIES 90; FAT 6g (sat 0.7g, mono 4.2g, poly 0.8g); **PROTEIN** 2g; **CARB** 9g; FIBER 3g; CHOL 0mg; IRON 1mg; SODIUM 85mg; CALC 26mg

-Recipes by Ivy Manning; additional recipe by Diane Morgan



# **GAME PLAN**

# WHILE WATER FOR **PASTA COMES TO A BOIL**

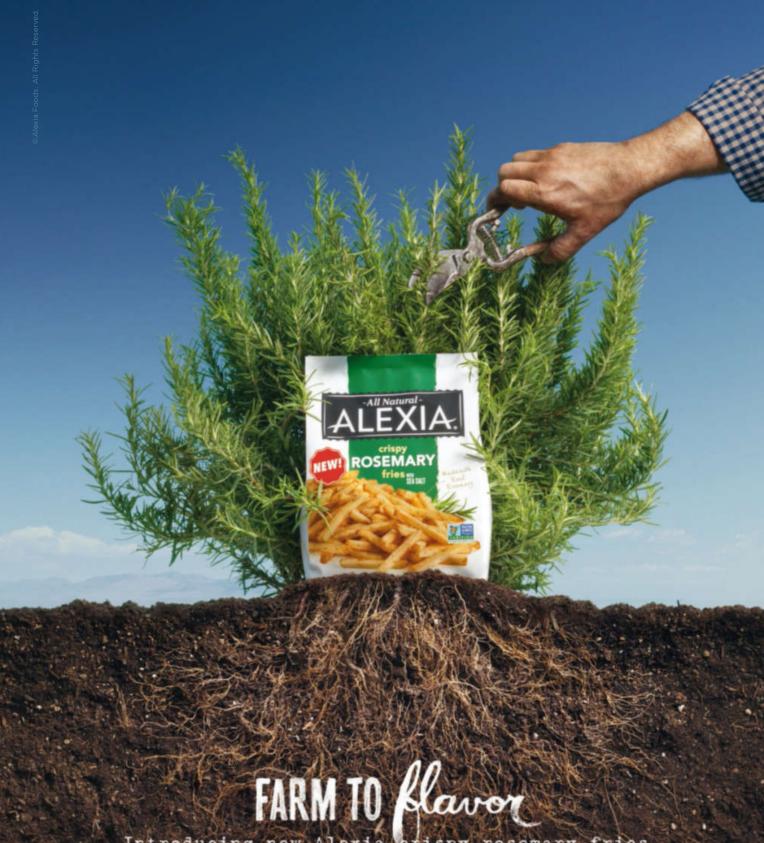
Chop onion, celery, and dill.

WHILE **NOODLES COOK** Prepare tuna mixture.





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# FOR RECIPES PAGES 22-30



# MEATLESS MONDAY

# **BUTTERNUT STRATAS WITH GRUYÈRE**

- □ Sage
- ☐ Green onions
- ☐ Garlic
- ☐ 11-ounce container peeled diced fresh butternut squash (1)
- Whole nutmeg
- Whole-wheat sourdough bread (8 ounces)
- ☐ Eggs (6)
- ☐ Gruyère cheese (2 ounces)
- ☐ 2% reduced-fat milk

## Sautéed Green Beans and Mushrooms

- □ Basil
- ☐ Green beans (10 ounces)
- ☐ Shiitake mushroom caps (2 ounces)
- ☐ Unsalted vegetable stock (such as Kitchen Basics)
- Unsalted butter



# JUSTFOR 2 TUESDAY

# WHITE BEANS, TOMATO **SAUCE, AND FETA**

- ☐ Oregano
- ☐ Parsley
- ☐ Fennel bulb (1)
- ☐ Plum tomatoes (2)
- □ Onion (1)
- ☐ Garlic
- ☐ Bay leaf
- ☐ Unsalted chicken stock
- ☐ 14.5-ounce can unsalted cannellini beans (1)

- □ Feta cheese
- Medium shrimp (8 ounces)

# Lemon-Dill Orzo Pilaf

- ☐ Lemon (1)
- □ Dill
- Unsalted butter
- ☐ Unsalted chicken stock
- Orzo pasta



# WEDNESDAY CHICKEN CACCIATORE

- □ Rosemary
- ☐ Basil
- Red bell pepper (1)
- ☐ Green bell pepper (1)
- 8-ounce package presliced cremini mushrooms (1)
- □ Onion (1)
- ☐ Garlic
- Crushed red pepper
- ☐ 15-ounce can crushed tomatoes (1)
- □ Dry red wine
- ☐ Skinless, boneless chicken breast halves (4)

# Parmesan Polenta Rounds

- ☐ Prepared polenta
- ☐ Unsalted butter
- ☐ Parmesan cheese



# THURSDAY

# BEER-BRAISED CHICKEN THIGHS WITH CREMINI **MUSHROOMS**

- ☐ Thyme
- □ Parsley
- □ Onion (1)
- □ 8-ounce package cremini mushrooms (1)
- □ Paprika



- Worcestershire sauce
- Unsalted chicken stock
- ☐ Flour
- No-volk egg noodles
- Dark porter beer
- Bone-in chicken thighs (4)

# **Parsley-Fennel Salad** with Mustard Vinaigrette

- Baby arugula
- □ Parsley
- ☐ Fennel bulb (1)
- ☐ Olive oil
- White wine vinegar
- Dijon mustard
- ☐ Sugar



# FAMILY FKIDAY

### **CREAMY TUNA NOODLE** CASSEROLE WITH PEAS AND BREADCRUMBS

- □ Lemon (1)
- ☐ Celery
- □ Dill
- □ Onion (1)
- Dry mustard
- ☐ Whole-wheat panko (Japanese breadcrumbs)
- □ 5-ounce can solid white albacore tuna packed in water (1)
- No-yolk egg noodles
- ☐ Flour
- □ Frozen green peas
- 1% low-fat milk
- ☐ Unsalted butter
- ☐ Parmesan cheese

# **Orange and Almond Salad**

- □ Navel oranges (2)
- Mixed baby greens
- Rice vinegar □ Sliced almonds



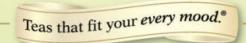


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TWININGS



# PROSCIUTTO AND SAGE-WRAPPED MAHIMAHI



When in doubt, wrapping anything in prosciutto and drizzling it with browned butter sauce is a solid plan.

You can easily substitute a different meaty fish. Serve with fresh green beans.

- 4 (6-ounce) skinless mahimahi fillets
- 4 (½-ounce) very thin slices prosciutto
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 12 small fresh sage leaves
- 2 teaspoons dry sherry

Dash of kosher salt

- 1/8 teaspoon freshly ground black pepper
- 1. Preheat oven to 425°.
- 2. Wrap each fish fillet with 1 slice of prosciutto.
- **3.** Heat a large, heavy, ovenproof skillet over medium-high heat until very hot. Add oil to pan; swirl to coat. Add fish to pan, top side down; cook 2 to 3 minutes or until prosciutto is lightly browned. Turn fish; cook 30 seconds. Transfer skillet to oven; bake at 425° for 5 minutes or until fish is done.
- 4. Melt butter in a small skillet over medium heat; cook 2 minutes or until butter begins to brown, swirling occasionally. Add sage leaves to pan, and remove pan from heat. Stir in sherry, kosher salt, and black pepper. Arrange fish on serving plates; spoon sage and butter mixture over fish. Serve immediately.

**SERVES 4** (serving size: 1 fillet and 1 tablespoon sauce) **CALORIES** 261; **FAT** 11.9g (sat 4.9g, mono 4.2g, poly 0.9a); PROTEIN 36a; CARB 1a; FIBER 0a; CHOL 151mg; IRON 2mg; SODIUM 576mg; CALC 34mg



# pan-seared chicken with pecanscallion gremolata



The lemony, nutty aremolata is addictive. Dollop it over any number of

proteins, or spread it on a toasty sandwich. Serve the chicken with a peppery arugula salad, and you're good to go.

- 4 (6-ounce) skinless, boneless chicken breast halves, pounded to <sup>3</sup>/<sub>4</sub>-inch thickness
- $\frac{1}{2}$  teaspoon kosher salt, divided
- 1/4 teaspoon black pepper, divided

- 3 tablespoons extravirgin olive oil, divided
- $\frac{1}{2}$  cup pecan halves, toasted
- 1½ tablespoons fresh lemon juice
  - 4 chopped green onions, green and light green parts only
  - 1 ounce Parmigiano-Reggiano cheese, grated (about ½ cup)
- **1.** Heat a skillet over medium-high heat. Sprinkle chicken with ½ teaspoon salt and ½ teaspoon pepper. Add 1 tablespoon olive oil to pan; swirl. Add chicken; cook 4 minutes on each side or

- until done. Transfer to a cutting board.
- 2. Combine pecans, juice, onions, remaining ¼ teaspoon salt, and remaining ½ teaspoon pepper in a mini food processor; pulse until finely chopped. Add remaining 2 tablespoons olive oil; pulse to combine. Transfer mixture to a bowl; stir in cheese. 3. Slice chicken across
- grain. Place on 4 plates; top with gremolata.

SERVES 4 (serving size: 1 chicken breast half and 2½ tablespoons gremolata) CALORIES 406; FAT 25.5g (sat 4.4g, mono 14.3g, poly 4.5g); **PROTEIN** 40g; CARB 4q; FIBER 2q; CHOL 115mq; IRON 1mg; SODIUM 548mg; CALC 108mg





# **MADE WITH**

38% Cupcake

Things that don't belong on a cupcake 62%



# MADE WITH

Turkey Breast 100%



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# tofu banh mi wraps with quick-pickled carrots and radishes



Drain the pickles well before adding to each wrap. This is a saucy sandwich, so extra liquid can make it a bit messy once you bite in.

- $\frac{1}{2}$  cup rice vinegar
- 2 teaspoons sugar
- 2 medium carrots
- 4 radishes
- 1/3 cup canola mayonnaise
- 3 teaspoons Sriracha (hot chile sauce, such as Huy Fong)
- 1 (14-ounce) container extra-firm, water-packed tofu, drained
- 1/4 teaspoon kosher salt
- 2 teaspoons canola oil
- 1 tablespoon dark sesame oil
- (12-inch) multigrain wraps (such as Flatout)

- ½ English cucumber, halved lengthwise and thinly sliced
- 1 cup fresh cilantro leaves
- **1.** Combine vinegar and sugar in a small saucepan over medium-high heat; bring to a simmer.
- **2.** Slice carrots into thin ribbons using a vegetable peeler; place in a bowl. Thinly slice radishes; add to bowl. Pour vinegar mixture over vegetables; gently toss to coat using tongs. Set aside.
- 3. Combine mayonnaise and Sriracha in a bowl, stirring with a whisk.
- 4. Cut tofu in half horizontally, and slice into 8 (1-inch) pieces; pat dry. Sprinkle evenly with salt. Heat canola oil in a nonstick skillet over medium heat. Add tofu; cook 1 minute on each side. Drizzle sesame oil over tofu; cook 30 seconds.
- 5. Drain carrots and radishes; discard liquid. Place wraps on a cutting board. Spread mayonnaise mixture down center of each wrap. Top evenly with tofu, cucumber, and pickled vegetables; sprinkle with cilantro leaves. Roll each wrap tightly; cut in half.

SERVES 4 (serving size: 1 wrap)

CALORIES 334; FAT 19.1g (sat 1.8g, mono 7.1g, poly 7.5g); PROTEIN 19g; CARB 27g; FIBER 9g; CHOL 0mg; IRON 3mg; SODIUM 740mg; CALC 109mg





# ORECCHIETTE WITH TURKEY SAUSAGE. BROCCOLI RABE. **AND WALNUTS**

Warming winter flavors unite to create this simple and elegant weeknight dish.

- 6 ounces uncooked orecchiette pasta
- 5 teaspoons olive oil, divided
- 1/4 cup finely chopped walnuts
- 8 ounces sweet turkey Italian sausage, casings removed
- 3 garlic cloves, minced
- 1 bunch broccoli rabe (about 12 ounces), trimmed and coarsely chopped
- 1 tablespoon grated lemon rind
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon crushed red pepper
- 3 ounces goat cheese, crumbled (about <sup>3</sup>/<sub>4</sub> cup)
- 1. Cook pasta according to package directions, omitting salt and fat. Reserve 1 cup cooking liquid; drain.
- 2. While pasta cooks, heat 1 teaspoon oil in a skillet over medium-high heat. Add walnuts; cook 2 minutes, stirring occasionally. Transfer walnuts to a plate.
- 3. Add remaining 4 teaspoons oil and sausage to pan; cook 6 minutes, stirring to crumble sausage. Add garlic, broccoli rabe, and ½ cup reserved pasta water; cook 2 minutes, stirring occasionally and scraping pan to loosen browned bits.
- **4.** Add pasta, remaining ½ cup pasta water, walnuts, rind, juice, and red pepper to pan; toss to combine. Sprinkle with cheese. Serve immediately.

**SERVES 4** (serving size: about 1½ cups) **CALORIES** 424; **FAT** 21g (sat 5.9g, mono 7.7g, poly 5.8g); PROTEIN 24g; CARB 37g; FIBER 2g; CHOL 57mg; IRON 3mg; SODIUM 507mg; CALC 83mg



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# pork sliders with smashed avocado

For smaller sandwiches like these, we prefer to smash the avocado into a spread before assembling so that no slippery slices are lost on the journey from plate to mouth.

8 (1-ounce) whole-wheat slider buns, halved crosswise

# Cooking spray

- 12 ounces extra-lean ground pork
- 1½ tablespoons chopped fresh flat-leaf parsley
- 3/4 teaspoon kosher salt
- ½ teaspoon garlic powder
  - 2 ounces Monterey Jack cheese, shredded (about ½ cup)
  - 2 teaspoons fresh lemon juice
- ½ ripe peeled avocado
- 2 small ripe tomatoes, sliced
- 8 small Bibb lettuce leaves
- 1. Heat a grill pan over medium-high heat. Lightly coat cut sides of buns with cooking spray. Place buns, cut sides down, in pan; cook 1 minute or until lightly toasted.

- **2.** Combine pork, parsley, salt, and garlic powder in a medium bowl, gently mixing with hands. Divide mixture into 8 equal portions, shaping each into a <sup>1</sup>/<sub>4</sub>-inch-thick patty. Lightly coat both sides of patties with cooking spray. Arrange patties in pan coated with cooking spray; cook 2 minutes. Turn patties over; top patties evenly with cheese. Cook 2 to 3 minutes or until cheese melts.
- **3**. Combine lemon juice and avocado in a bowl; mash avocado with a fork, and stir to combine. Spread avocado mixture evenly over bottom halves of buns. Place 1 patty on each bottom bun. Top each with 1 tomato slice and 1 lettuce leaf. Top with top halves of buns. Serve immediately.

SERVES 4 (serving size: 2 sliders)
CALORIES 393; FAT 13.9g (sat 5.3g, mono 4.4g, poly 1.9g);
PROTEIN 36g; CARB 34g; FIBER 7g; CHOL 81mg;
IRON 3mg; SODIUM 752mg; CALC 179mg



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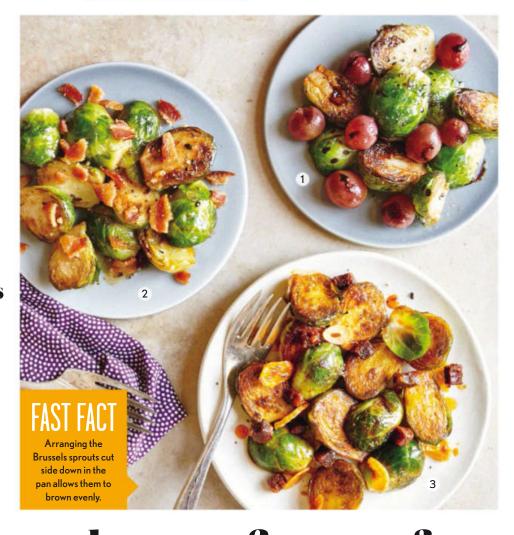
# braised brussels sprouts with mustard and thyme

- 1 tablespoon unsalted butter
- pound medium Brussels sprouts, trimmed and halved
- 2 large shallots, thinly sliced
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 6 tablespoons unsalted chicken stock, divided
- $2^{1/2}$  teaspoons Dijon mustard
  - 1 teaspoon honey
- 1½ teaspoons chopped fresh thyme
- **1.** Melt butter in a nonstick skillet over medium heat. Add Brussels sprouts to pan, cut side down; cook 2 minutes, without stirring. Add shallots to pan; toss to combine. Cook 2 minutes. Sprinkle with salt and pepper. Add ¼ cup stock to pan; cover partially, and cook 3 minutes or until Brussels sprouts are crisp-tender. Combine remaining 2 tablespoons stock, mustard, and honey in a bowl; stir into sprout mixture. Sprinkle with thyme. Cook 1 minute, stirring well.

SERVES 4 (serving size: \( \frac{1}{2} \) cup)

CALORIES 93; FAT 3.2g (sat 19g, mono 0.8g, poly 0.3g); PROTEIN 5g; CARB 14g; FIBER 5g; CHOL 8mg; IRON 2mg; SODIUM 237mg;

CALC 56ma



# BRAISED BRUSSELS SPROUTS WITH BALSAMIC AND GRAPES

Melt 1 tablespoon unsalted butter in a nonstick skillet over medium heat; add 1 pound trimmed and halved medium Brussels sprouts to pan, cut side down. Cook 3 minutes, without stirring. Stir in 1 cup seedless red grapes and 1 tablespoon minced garlic; cook 1 minute. Sprinkle with <sup>3</sup>/8 teaspoon **kosher salt** and 1/4 teaspoon black pepper. Add 1/4 cup unsalted chicken stock; cover partially, and cook 3 minutes. Stir in 1 tablespoon balsamic vinegar and 1 tablespoon unsalted chicken stock; simmer 1 minute.

**SERVES 4** (*serving size*: ½ *cup*) **CALORIES** 109; **FAT** 3.3g (*sat* 1.9g, mono 0.8g, poly 0.3g); **SODIUM** 221mg

# BRAISED BRUSSELS SPROUTS WITH CIDER AND BACON

Cook 2 slices center-cut bacon in a nonstick skillet over medium heat 5 minutes. Transfer to a plate; discard drippings. Add 4 teaspoons canola oil and 1 pound trimmed and halved medium Brussels sprouts to pan, cut side down. Cook 2 minutes, without stirring. Stir in  $\frac{1}{4}$  teaspoon kosher salt and 1/4 teaspoon black pepper; cook 2 minutes. Add 2 tablespoons unsalted chicken stock and 2 tablespoons apple cider; cover partially, and cook 3 minutes. Crumble bacon over top. Stir in 2 tablespoons apple cider and 1 tablespoon light cream; simmer 1 minute.

SERVES 4 (serving size: ½ cup)

CALORIES 123; FAT 7.7g (sat 1.6g, mono 3.3g, poly 1.5g); SODIUM 221mg

# BRAISED BRUSSELS SPROUTS WITH CHORIZO AND GARLIC

Heat 1 teaspoon olive oil in a nonstick skillet over medium heat. Add 1 ounce diced Spanish chorizo; cook 3 minutes, stirring occasionally. Transfer to a plate. Add 1 tablespoon olive oil and 1 pound trimmed and halved medium Brussels sprouts to pan, cut side down. Cook 3 minutes, without stirring. Stir in 1 tablespoon minced garlic; cook 1 minute. Stir in ½ teaspoon smoked paprika, 1/4 teaspoon kosher salt, and 1/4 teaspoon black pepper. Add 1/4 cup unsalted chicken stock; cover partially, and cook 3 minutes. Stir in chorizo.

SERVES 4 (serving size: ½ cup)

CALORIES 127; FAT 7.6g (sat 1.7g, mono
4.6g, poly 0.9g); SODIUM 245mg







# START WITH PURE FLAVORS. END WITH PURE GRATITUDE.

# McCormick\* Classic Roasted Turkey



1 whole turkey (14 lb.), fresh or frozen, thawed 1 tbsp. oil

1 tbsp. McCormick Rubbed Sage 2 tsp. McCormick Garlic Powder 2 tsp. McCormick Paprika

2 tsp. McCormick Paprika 1 tsp. McCormick Ground Black Pepper 1 tsp. salt PLACE turkey on rack in roasting pan. Brush with oil. Mix seasonings in small bowl. Sprinkle seasoning mixture evenly over turkey. Cover loosely with heavy duty foil.

ROAST in preheated 325°F oven 2 hours, adding an extra 15 minutes per pound for larger turkeys. Remove foil. Roast 1 hour longer or until internal temperature in thigh reaches 165°F, basting occasionally with pan juices. Remove turkey from oven. Let stand 20 minutes. Reserve pan juices to make gravy or to serve with turkey.

Makes 12 servings.

At McCormick, we believe pure tastes better. That's why our herbs and spices have no added fillers. Just 100% pure flavor. For more great-tasting recipes, visit mccormick.com

# warm spiced cashews

Chinese five-spice powder lends a distinct toastiness to these sweet and savory nuts. They're perfect to whip up as a quick, make-ahead, crowd-pleasing appetizer for holiday entertaining.

- 2 teaspoons peanut oil
- 2 teaspoons dark brown sugar
- 1/2 teaspoon five-spice powder
- ½ teaspoon ground cumin
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon ground red pepper
- 2 teaspoons water
- 1 cup roasted, unsalted cashews
- ½ teaspoon kosher salt
- **1.** Preheat oven to 350°. Line a large rimmed baking sheet with parchment paper.
- 2. Heat peanut oil in a medium saucepan over medium heat. Add brown sugar, five-spice powder,



cumin, black pepper, red pepper, and water to pan. Stir until sugar dissolves and mixture begins bubbling. Add cashews to pan; cook 2 minutes or until well coated, stirring constantly.

3. Spread cashews evenly on prepared baking sheet, using 2 forks to separate them and leaving as much room as possible between nuts. Sprinkle nuts evenly with salt. Bake at 350° for 7 minutes or until fragrant. Cool slightly on pan before serving.

SERVES 6 (serving size: about 3 tablespoons)

CALORIES 152; FAT 12.2g (sat 2.4g, mono 6.9g, poly 2.3g);

PROTEIN 4g; CARB 9g; FIBER 1g; CHOL 0mg; IRON

2mg; SODIUM 164mg; CALC 15mg

-Recipes by Laraine Perri and Vanessa Seder



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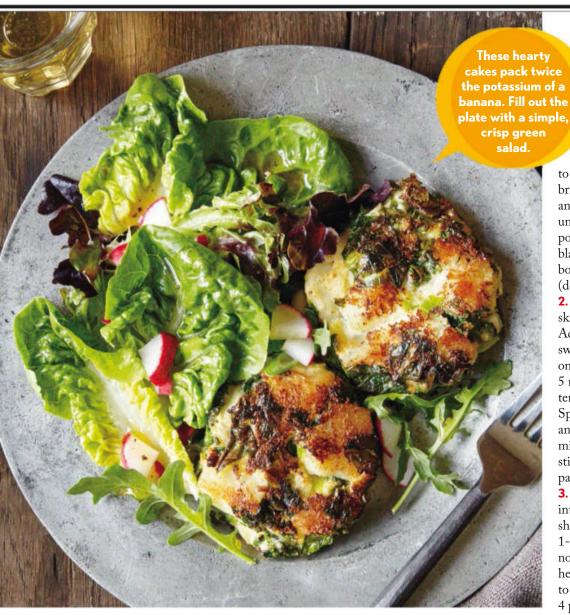


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# **Crispy Potato Cakes**

Perk up your spuds with kale, creamy ricotta, and a hit of smoky goodness.



# SMOKY POTATO CAKES WITH KALE AND CREAMY RICOTTA

Hands-on: 40 min. Total: 40 min.

Try not to mash the potatoes when mixing. Chunkier potatoes add delightful texture.

1 (1-pound) baking potato, peeled and cut into 1-inch pieces

- 1 cup part-skim ricotta cheese
- 2 ounces 2% reduced-fat extra-sharp cheddar cheese, shredded (about ½ cup)
- ½ teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil, divided

- 4 cups finely chopped kale
- 3/4 cup chopped green onions
- 1 garlic clove, minced
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon smoked paprika
- **1.** Place potato in a medium saucepan. Cover with water

- to 2 inches above potato; bring to a boil. Reduce heat, and simmer 10 minutes or until tender. Drain. Combine potato, cheeses, salt, and black pepper in a medium bowl, and toss to combine (do not mash).
- 2. Heat a large nonstick skillet over medium heat. Add 2 teaspoons oil to pan; swirl to coat. Add kale, onions, and garlic; cook 5 minutes or until kale is tender, stirring occasionally. Sprinkle with red pepper and paprika. Add kale mixture to potato mixture, stirring to combine. Wipe pan clean with paper towels. 3. Divide potato mixture into 8 equal portions; gently shape each portion into a 1-inch-thick patty. Return nonstick skillet to medium heat. Add 2 teaspoons oil

SERVES 4 (serving size: 2 cakes)
CALORIES 317; FAT 14.9g (sat 5.7g, mono 71g, poly 1.3g); PROTEIN 16g; CARB 33g;
FIBER 3g; CHOL 27mg; IRON 3mg;
SODIUM 458mg; CALC 418mg

to pan; swirl to coat. Add 4 patties to pan; cook 4 minutes on each side or

until golden. Remove from

pan, and keep warm. Repeat

procedure with remaining 2

teaspoons oil and remaining

-Recipe by Deborah Madison



4 patties.





**Sweet Little Apple Pies** 

Skip the fork. Enjoy these charming handheld treats as a convenient snack or dessert.



### APPLE HAND PIES

Hands-on: 40 min. Total: 65 min. Try Ateco 12-piece aspic cutters to make tiny, decorative steam vents. \$9, amazon.com

- 7.9 ounces all-purpose flour (about 13/4 cups)
- 2 tablespoons powdered sugar
- 3/8 teaspoon salt, divided
- 5½ tablespoons chilled butter, cut into small pieces
  - 6 tablespoons ice water
  - 3 cups diced peeled apple
  - 3 tablespoons dark brown sugar
  - 2 teaspoons canola oil
  - 1/2 teaspoon ground cinnamon
  - 1 large egg white, lightly beaten
  - 1 tablespoon granulated sugar
- 1. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, powdered sugar, and ¼ teaspoon salt in a food processor; pulse 2 times. Add butter; pulse 3 to 4 times or until mixture resembles coarse meal. Sprinkle ice water over mixture; process just until combined. Press dough gently into a 4-inch circle on plastic wrap; cover. Chill 30 minutes. 2. Combine apple, remaining ½ teaspoon salt, brown sugar, canola oil, and cinnamon in a saucepan. Cook over medium heat 8 minutes or until soft, stirring occasionally. Remove
- 3. Preheat oven to 425°.

from pan; cool completely.

**4.** Divide dough into 8 equal pieces; roll into 5-inch circles

on a lightly floured surface. Using a ½-inch cutter, cut out 5 shapes on one half of each dough circle; set cut dough aside. Spoon 2 tablespoons filling onto uncut half of dough circle. Fold cut side of dough over filling; crimp edges with a fork to seal. Place dough cutouts on top of each pie. Lightly brush tops of pies with egg white; sprinkle with granulated sugar. Place pies on a baking sheet lined with parchment paper. Bake at 425° for 20 minutes or until browned. Cool on a wire rack.

SERVES 8 (serving size: 1 pie)
CALORIES 254; FAT 9.4g (sat 5.2g, mono
2.8g, poly 0.8g); PROTEIN 3g; CARB 40g;
FIBER 2g; CHOL 21mg; IRON 1mg; SODIUM
120mg; CALC 16mg

-Recipe by Deb Wise

# FORMING HAND PIES



ROLL out one dough piece to a 5-inch circle. Work with cold dough to keep from using too much flour on the surface, as the crust will become tough.



PUNCH out vents with a small cutter; dip in flour before cutting to prevent sticking.



3 PLACE apples on one side of dough, fold over, and crimp by pressing with a fork.



4 BRUSH with egg white; sprinkle with sugar. Arrange on prepared pan; bake.



# Savory Stewed Beef and Vegetables

# Cool-weather comfort delivered with bold flavor and saucy goodness

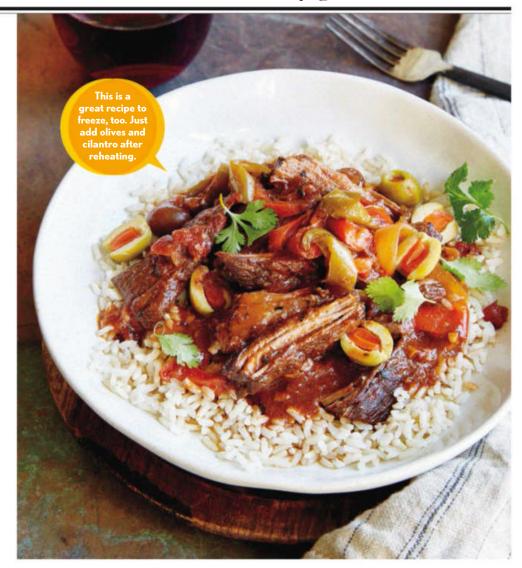
### SLOW COOKER ROPA VIEJA

Hands-on: 15 min. Total: 8 hr. 30 min.

You'll be wowed by the way lean flank steak transforms into tender, succulent shreds as it slowly simmers in the aromatic sauce. Served over rice (preferably brown), this homey Cuban dish makes for an exceptionally hearty and wholesome weeknight meal.

### Cooking spray

- tablespoon olive oil, divided
- 1½ pounds flank steak, trimmed
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
  - 1 cup thinly sliced white onion
  - cup thinly sliced red bell pepper
- 1 cup thinly sliced green bell pepper
- 4 garlic cloves, minced
- 1/3 cup golden raisins
- 1 cup unsalted beef stock
- 3 tablespoons unsalted tomato paste
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano
- 1 (14.5-ounce) can unsalted fire-roasted diced tomatoes
- 1/3 cup pimiento-stuffed olives, halved
- 3 tablespoons chopped fresh cilantro
- 3 cups hot cooked rice



**1.** Coat a 6-quart slow cooker with cooking spray.

2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Cut steak into quarters. Sprinkle steak evenly with ½ teaspoon salt and ½ teaspoon black pepper; add steak to pan. Cook 4 minutes on each side or until browned. Transfer steak to slow cooker. Add remaining 1 teaspoon oil, onion, bell

peppers, and garlic to pan; cook 3 minutes or until slightly softened, stirring occasionally. Stir in raisins; transfer onion mixture to slow cooker.

**3.** Combine stock, tomato paste, cumin, oregano, tomatoes, remaining ½ teaspoon salt, and remaining ¼ teaspoon black pepper in a medium bowl. Pour tomato mixture over steak and vegetables in slow cooker.

Cover and cook on LOW for 8 hours and 15 minutes or until steak is very tender.

4. Remove steak from

cooker; shred using 2 forks. Stir steak, olives, and cilantro into sauce. Serve steak mixture over rice.

**SERVES 6** (serving size: 1 cup steak mixture and ½ cup rice)

**CALORIES** 381; **FAT** 10.8g (sat 2.9g, mono 4.7g, poly 1.4g); **PROTEIN** 29g; **CARB** 41g; **FIBER** 5g; **CHOL** 70mg; **IRON** 3mg; **SODIUM** 482mg; **CALC** 63mg

-Recipe by David Bonom



# Pork with Chunky Applesauce

Hands-on: 19 min. Total: 19 min.

The fall family favorite goes lighter with barely sweetened apples. And instead of the typical pork chops, we go for lean, inexpensive pork tenderloin. Complete the meal with a side of Broccolini or broccoli.



# INGREDIENTS

3/4 teaspoon salt, divided
1/2 teaspoon garlic powder
1/4 teaspoon paprika
1/4 teaspoon black pepper
1 pound pork tenderloin,
trimmed and cut crosswise
into 12 pieces

2 tablespoons **canola oil,** divided

1 **Gala apple,** cored and chopped

1 **Granny Smith apple,** cored and chopped

 $\frac{1}{2}$  cup water

2 teaspoons brown sugar

1/2 teaspoon ground
cinnamon

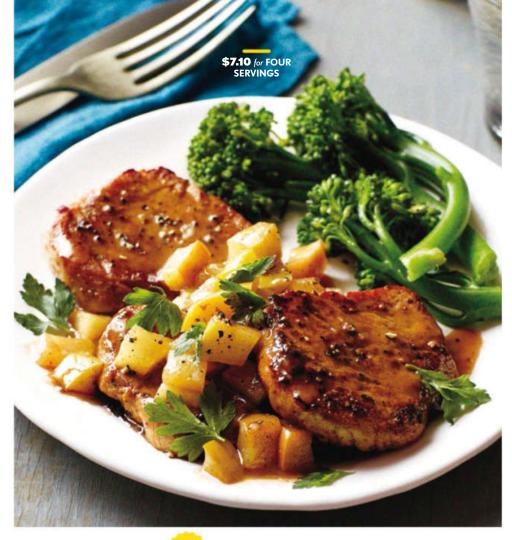
Fresh parsley leaves (optional)



**COMBINE**  $\frac{1}{2}$  teaspoon salt, garlic powder, paprika, and pepper; sprinkle evenly over both sides of pork.



**HEAT** a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add pork to pan; cook 2 minutes on each side or until desired degree of doneness. Remove from pan.





ADD remaining

1 tablespoon oil to pan (do not wipe pan clean); swirl to coat. Add apples and ½ cup water; cover and cook 6 minutes or until apples are tender.

teaspoon salt, sugar, and cinnamon; cook 2 minutes or until apple is soft and most of liquid evaporates to become syrupy, stirring occasionally. Serve pork with apple mixture; top with parsley, if desired.

**SERVES 4** (serving size: 3 slices pork and <sup>1</sup>/<sub>3</sub> cup applesauce)

CALORIES 258; FAT 11.2g (sat 1.9g, mono 6g, poly 2.7g); PROTEIN 24g; CARB 16g; FIBER 3g; CHOL 74mg; IRON 1mg; SODIUM 503mg; CALC 19mg

-Recipe by Ann Taylor Pittman



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refrigerators and cabinets,
for lunches and for leftovers,
even if the microwave
pulls us apart.







# TRADITIONAL **BEEF POT ROAST** WITH CARROTS

Hands-on: 42 min. Total: 3 hr. 42 min.

Serve over mashed potatoes or egg noodles to sop up the rich gravy. A side of sautéed or steamed green beans or Brussels sprouts can round out the meal.

- 1 (4-pound) boneless beef chuck roast, trimmed and halved
- 2 teaspoons freshly ground black pepper
- 3/4 teaspoon kosher salt
- 2 teaspoons canola oil
- 2 tablespoons tomato paste
- 12 garlic cloves, peeled
- $1\frac{1}{2}$  cups dry red wine
  - 2 cups unsalted beef stock (such as Swanson)
  - 1 tablespoon all-purpose flour
  - 1 teaspoon sugar
  - 1 (28.46-ounce) container chopped tomatoes (such as Pomì)
  - 2 teaspoons finely chopped fresh rosemary
  - 4 medium carrots, cut diagonally into 2-inch pieces
  - 4 fresh thyme sprigs
  - 1 large red onion, cut into 8 wedges
  - 1 bay leaf
- 1. Preheat oven to 300°.
- 2. Sprinkle beef with pepper and salt; rub evenly with oil. Heat a

large Dutch oven over medium-high heat. Add beef to pan; cook 7 minutes on each side or until browned. Remove beef from pan.

- **3.** Add tomato paste and garlic to pan; cook  $1\frac{1}{2}$  minutes, stirring frequently. Add red wine to pan; bring to a boil. Cook 6 minutes or until liquid almost evaporates, stirring frequently. Combine stock and flour in a bowl, stirring with a whisk. Add stock mixture, sugar, and tomatoes to pan; bring to a boil. Return beef to pan. Add rosemary, carrots, thyme, onion, and bay leaf to pan. Bake, covered, at 300° for 3 hours or until beef is tender when pierced.
- **4.** Remove thyme sprigs and bay leaf from pan; discard. Place beef, carrots, and onions on a platter; cover with foil. Bring sauce to a boil over medium-high heat; cook 5 minutes or until reduced to about 3 cups.
- **5.** Cut 12 ounces beef (about one-third of roast) into large pieces. Shred the remaining beef; reserve shredded beef for Recipes 2 and 3. Reserve 2 cups sauce for Recipes 2 and 3. Serve 12 ounces beef pieces with 1 cup sauce, carrots, and onions.

SERVES 4 (serving size: about 3 ounces meat, <sup>3</sup>/<sub>4</sub> cup vegetables, and about  $\frac{1}{4}$  cup sauce)

CALORIES 259; FAT 5.2g (sat 1.7g, mono 2.2g, poly 0.5g); **PROTEIN** 26g; CARB 22g; FIBER 5g; CHOL 68mg; IRON 3mg; SODIUM 278mg; CALC 65mg

-Recipes by Adam Hickman



### **BEEF AND CHEDDAR ENCHILADAS**

Preheat oven to 350°. Heat 2 teaspoons canola oil in a large skillet over medium heat. Add 1 cup chopped **onion**; sauté 2 minutes. Add 1 tablespoon minced garlic and 1 tablespoon chopped chipotle chile in adobo sauce; cook 2 minutes. Add 1 cup chopped tomato and ½ cup chopped cilantro stems; cook 2 minutes. Add 12 ounces shredded pot roast and 1 cup sauce; cover and simmer 5 minutes. Divide beef mixture among 4 light flour tortillas (such as La Tortilla Factory); place, seam side down, in an 11 x 7inch baking dish coated with **cooking spray**. Pour ½ cup sauce over tortillas; sprinkle with 1.5 ounces shredded reduced-fat cheddar (about ½ cup). Cover; bake at 350° for 30 minutes. Turn broiler to high. Broil, uncovered, 2 minutes. Top with  $\frac{1}{2}$  cup chopped tomato and  $\frac{1}{4}$  cup cilantro leaves.

**SERVES 4** (serving size: 1 enchilada)

**CALORIES** 374; **FAT** 11.6g (sat 4.1g, mono 4.2g, poly 1.2g); **PROTEIN** 33g; **CARB** 34g; FIBER 10g; CHOL 73mg; IRON 3mg; SODIUM 591mg; CALC 144mg



# **ITALIAN-STYLE SUBS WITH PEPPERONCINI**

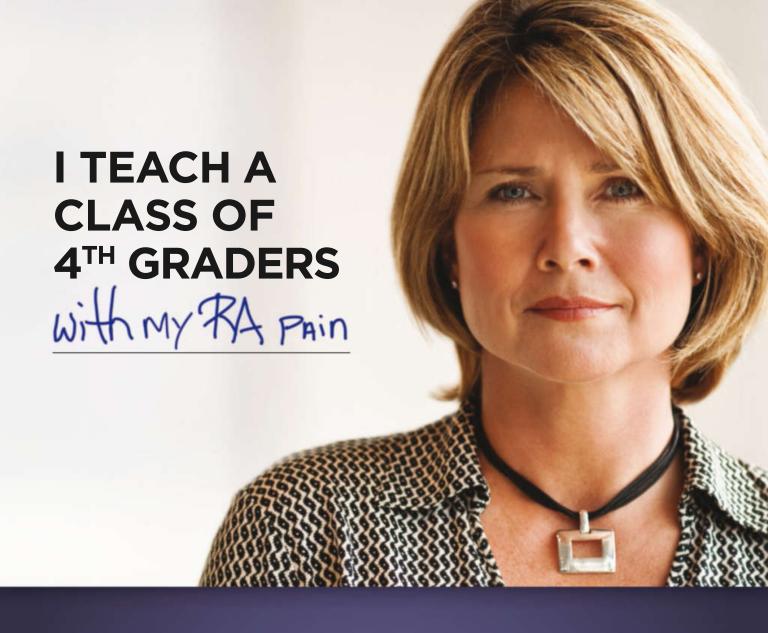
Preheat broiler to high. Combine 10 ounces shredded pot roast and  $\frac{1}{2}$  cup sauce; cover and microwave at HIGH 1½ minutes. Heat 1½ teaspoons olive oil in a skillet over medium heat. Add 2 cups sliced red and yellow bell peppers and 1 cup sliced onion; sauté 6 minutes. Halve 1 (10-ounce) French bread loaf lengthwise, cutting to but not through other side. Hollow out bread, leaving a  $\frac{1}{2}$ -inch-thick shell. Stuff with beef, onion mixture, 4 sliced pepperoncini peppers, and 2 ounces sliced provolone cheese. Cut into fourths; place on a baking sheet. Broil  $1\frac{1}{2}$  minutes or until cheese melts.

**SERVES 4** (serving size: 1 sandwich)

**CALORIES** 370; **FAT** 10.2g (sat 4.1g, mono 4.1g, poly 1g); **PROTEIN** 28g; **CARB** 40g; FIBER 3g; CHOL 57mg; IRON 4mg; SODIUM 650mg; CALC 156mg







# IT'S NOT OK TO JUST GET BY WITH RA PAIN.

Nobody chooses to have RA, but you do have control over how you live your life with it. If you feel like you're just getting by, talk to your doctor. But keep in mind that patients and rheumatologists often think about RA in different ways. Rethinking how you have the conversation could make a difference in what your doctor recommends.

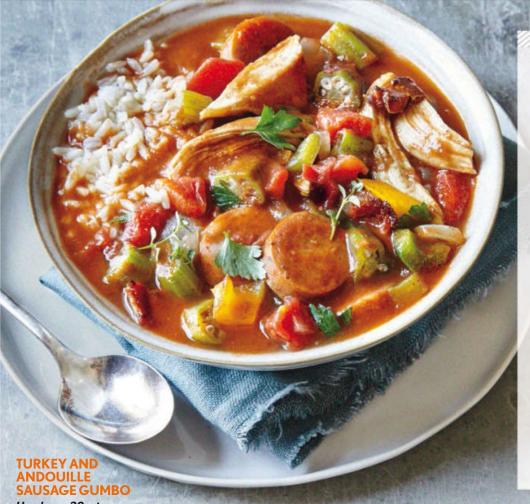
Visit **RethinkRA.com** to order your free **RethinKit** today.



# **Turkey and Sausage Gumbo**

Use up the big roast bird in a Cajun stew for your crew tonight, or freeze some for later.







Cool gumbo completely; freeze flat in a large zip-top plastic freezer bag. Freeze rice in a zip-top plastic freezer bag.



Microwave gumbo in bag at MEDIUM (50% power) for 4 minutes or until pliable.



Pour gumbo into a large Dutch oven over medium heat. Cook 20 minutes or until heated. Place rice in a microwave-safe bowl. Microwave at HIGH 1 minute at a time, stirring after each minute, until heated.

Hands-on: 30 min. Total: 55 min.

This gumbo is a great use for leftover roasted turkey, though cooked chicken will also work. We skip the long-stirred roux here in favor of filé powder, a thickener made from the sassafras plant; look for it on the spice aisle. For the best results, stir in the filé powder off the heat.

- 2 center-cut bacon slices, chopped
- 3/4 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped celery

- 2 large garlic cloves, minced
- 4 cups unsalted chicken stock (such as Swanson)
- 1/2 cup chopped yellow bell pepper
- 3/4 teaspoon kosher salt
  - 6 ounces andouille sausage links, thinly sliced
  - 1 (14.5-ounce) can unsalted diced tomatoes, undrained
  - 1 (10-ounce) package sliced frozen okra
- 1/4 cup chopped fresh flat-leaf parsley
- 2 teaspoons chopped fresh thyme

- 9 ounces cooked skinless, boneless turkey breast, shredded (1½ cups)
- 2 teaspoons filé powder
- 4 cups hot cooked rice
- 1. Cook bacon in a large Dutch oven over medium heat 4 minutes or until crisp. Remove bacon from pan with a slotted spoon.
- 2. Add onion, green bell pepper, celery, and garlic to drippings in pan; sauté 5 minutes. Add stock, yellow bell pepper, salt, sausage, tomatoes, and okra to pan; bring to a boil. Reduce heat,

and simmer 20 minutes. Stir in parsley, thyme, and turkey; cook 2 minutes or until thoroughly heated. Remove pan from heat; stir in filé powder. Divide rice among 8 bowls; top evenly with gumbo, or follow freezing instructions. Sprinkle evenly with reserved bacon.

SERVES 8 (serving size: about 1 cup gumbo and 1/2 cup rice)

CALORIES 251; FAT 4.7g (sat 1.7g, mono 1.9g, poly 0.9g); PROTEIN 20g; CARB 31g; FIBER 4g; CHOL 41mg; IRON 2mg; SODIUM 477mg; CALC 69mg

-Recipe by Diane Morgan



# 5 More Menu Ideas Try these dinner favorites for a delicious week ahead.



Get these recipes, weekly plans, and shopping lists at cookinglight.com/sundaystrategist.



Cauliflower and Chickpea Quinoa with Tahini Drizzle

+ Zucchini Oven Chips



Orecchiette with Turkey Sausage, Broccoli Rabe, and Walnuts

THIS ISSUE, PAGE 38

+ Celery and Arugula Salad



Prosciutto and Sage— Wrapped Mahimahi THIS ISSUE, PAGE 36

+ Sautéed Green Beans



Pan-Seared Chicken with Tomato-Olive Relish

+ Parmesan Polenta Rounds THIS ISSUE, PAGE 26



Lemon Chicken Teriyaki Rice Bowl Dessert Bonus:

No-Bake Chocolate Peanut Butter Drops

Leftovers are inevitable around the holidays, but they don't need to go to waste. Revive cooked meats by simmering in a flavorful liquid such as marinara sauce or herb-infused stock. Top a frittata or pizza with chopped leftover cooked vegetables. Freshen up sauces and stews by stirring in a heap of stewed greens left over from the big feast.





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# Making sense of all that science Making Sense of all that science

# The Healthy Cook's Guide to Fat

BY SIDNEY FRY, MS, RD, AND ROBIN BASHINSKY

ramed first as diet villain, now culinary hero, fat has made quite the comeback. Research shows that the shift a few decades ago to lower-fat and fat-free foods may well be the reason our country now has obesity problems. Many of us fear fat, so we load up on refined carbs in an attempt to feel full.

The subject of fat comes up every day in the Cooking Light Kitchen. As we test and taste recipes, we find ourselves asking more questions: How much oil is absorbed? Why can't we have the skin? When is butter a better option? Can we deep-fry this? Some of these questions are easily answered, while some leave us scratching our heads.

To tackle all these issues, two members of our food team, Robin Bashinsky and Sidney Fry (each with wildly different backgrounds; see page 70), joined forces to marry the best of fat's culinary uses with sound nutritional advice. Robin is our Test Kitchen veteran, always looking for ways to sneak a few extra dabs of butter into our calorie-conscious dishes. "Fat is an essential tool in the healthy cook's kitchen," he says. "It elevates food in a way that no other medium can." Sidney is a registered dietitian and our resident nutrition editor. She, like many of our readers,



used to look first to the total fat number on a label, shying away from anything in double-digit territory. Up until 2009, in fact, *Cooking Light* didn't allow recipes with more than 30% of calories from fat to be published, with few exceptions.

But what we know now as healthy cooks is that fat is indispensable in the kitchen—used to cook and sear lean proteins, baste vegetables, wilt greens, and caramelize natural sugars in food. And as healthy eaters, we also know that fat is satisfying and delicious: Think of how smashed avocado transforms morning toast. With 9 calories per gram, fat is twice as dense as carbs and protein—

# Higher-fat foods take longer to digest and leave you full longer.

a reason it has more staying power than any other nutrient. Higher-fat foods take longer to digest and leave you feeling fuller longer so you tend naturally to eat less. "The goal isn't to be morally virtuous, but it's important to be mindful," says Sidney. "This project was designed to help our readers become more comfortable with using fats in a healthy way."

What follows here is an in-depth master class on fat—best practices for the healthy cook, most delicious uses for food lovers, and some surprising findings that just might change the way you cook with this incredible, indispensable ingredient.



**SIDNEY FRY** 

A science geek with a master's degree in clinical nutrition, Sidney is the gate-keeper of our nutrition guidelines. She's also a recovering fat-phobic. In the past, she leaned on low-fat salad dressings, crackers, ice creams, you name it. But she was never quite satisfied.



ROBIN BASHINSKY

Robin worked in restaurants for more than a decade, where fat flowed freely. The word "nutrition" was never in his vocabulary until he joined our kitchen staff five years ago. He was determined to find a healthy balance with fat in such a calorie-restricted environment.

# <u>l</u> butter

The secret to perfect pan sauce for lean and tasty weeknight chicken

# THE SUBJECT OF SATURATED

fats has been trending among both the media and the health industry, with a constant debate over whether they're as bad for us as once thought. It's true that saturated fat can drive up total cholesterol, especially the harmful LDL that can block arteries in the heart and body. But there's evidence that it also increases the "good" HDL cholesterol.

"Whether saturated fat is bad depends on the comparison," explains Walter Willett, MD, chair of nutrition at Harvard School of Public Health and author of Eat, Drink, and Be Healthy. "Unfortunately, to lower saturated fat [in the American diet], refined starches and sugar are used as replacement calories and could actually be harmful for some people."

Our stance: Saturated fat, if kept within the USDA's guidelines of less than 10% of total calories from sat fat per day (20g based on a 2,000-calorie diet), is OK.

Consider butter, arguably one of life's most indulgent guilty pleasures. It is one of the most

concentrated sources of saturated fat, at 7.3g per tablespoon (30% of the USDA's daily recommendation). But the beauty of butter is that it doesn't take much to make a big impact—a few tablespoons at most to finish an entire pan of meat and veggies to serve four people. What butter does so beautifully is make healthy food such as whole grains, greens, lean protein, and fish taste better. And we believe it's worth splurging on premium, Europeanstyle butters such as Kerrygold and Plugrá. These butters have a higher butterfat percentage (and lower water content), so less is needed to create that luscious sauce-stretching that extra dollar you paid for it. too.

To demonstrate, we use this mouthwatering fat to enhance and elevate ultralean chicken breasts in the recipe at right. Adding a dab of butter near the end of cooking lends a creamy, satin-smooth finish that no other fat can emulate. The fat emulsifies and slightly thickens the sauce enough to coat the chicken beautifully. This technique works equally well on lean fish.

→ **THE SKINNY** Find your balance with butter. Each tablespoon is packed with inimitable flavor and mouthfeel. And while it may not be the villain we once thought, it is a highly concentrated source of sat fat, with more than 7g per tablespoon. Use it sparingly but smartly in dishes where no other fat will do—like the delicate pan sauce at right.



# CHICKEN AND CARROTS WITH LEMON BUTTER SAUCE

Hands-on: 32 min. Total: 32 min.
Stir in the butter with a whisk or wooden spoon, shaking the pan as it melts to help the sauce emulsify. For the best sauce-to-bird ratio, cut the chicken into slices before finishing the dish with the sauce.

- 1 tablespoon canola oil
- 4 (6-ounce) skinless, boneless chicken breast halves
- 3/4 teaspoon kosher salt, divided
- 3/8 teaspoon freshly ground black pepper, divided
- 12 ounces (½-inch-thick) diagonally cut peeled carrot (about 2 cups)
- 3 tablespoons minced shallots
- 1 tablespoon chopped fresh thyme
- 1/2 cup dry white wine

- 1 cup unsalted chicken stock
- 2 tablespoons unsalted butter
- 2 tablespoons chopped fresh flat-leaf parsley
- 1½ teaspoons fresh lemon juice
- 1. Preheat oven to 400°.
- 2. Heat a large ovenproof skillet over medium-high heat. Add oil to pan; swirl to coat. Sprinkle chicken with ¼ teaspoon salt and ¼ teaspoon pepper. Add chicken to pan. Cook 4 minutes or until browned on one side. Turn over; place pan in oven. Bake at 400° for 8 minutes or until a thermometer registers 160°. Remove chicken from pan; keep warm.
- **3.** While chicken cooks, arrange the carrots in a vegetable steamer; steam 7 minutes or until tender. Remove from

steamer; sprinkle with ¼ teaspoon salt.

4. Return skillet to medium-high heat. Add shallots and thyme; sauté 1 minute. Add wine. Bring to a boil; cook until reduced by half. Add stock. Bring to a boil, and cook 5 minutes or until reduced to ⅓ cup. Reduce heat to low. Add butter, stirring constantly with a whisk until butter melts. Remove from heat. Add remaining ¼ teaspoon pepper, parsley, and juice, stirring with a whisk. Divide carrots evenly among 4 plates; top with chicken. Spoon sauce over chicken and carrots.

**SERVES 4** (serving size: 1 breast half, about  $\frac{1}{2}$  cup carrots, and about 2 tablespoons sauce)

CALORIES 349; FAT 13.9g (sat 4.9g, mono 5g, poly 2g); PROTEIN 39g; CARB 11g; FIBER 3g; CHOL 124mg; IRON 1mg; SODIUM 653mg; CALC 55mg



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# CHICKEN SKIN

Meet your new secret weapon for more succulent chicken.

Our readers love skinless, boneless chicken breasts because they're both quick-cooking and lean. The CL Kitchen, however, finds that when you cook the meat with the skin on, you end up with a juicier piece of chicken. The skin collects fat. But how much fat does it add?

To find out, we tested three pans of seared, roasted chicken breasts. One pan was cooked without the skin. One pan was cooked with the skin, which was then removed after cooking before analysis. The third pan was seared and analyzed with the skin on.

The results left us amazed—to the point that we double-checked our samples for mislabeling. The pan of chicken seared with the skin on, then removed, had the least amount of fat, less than the skinless, boneless chicken breast by about 0.3g fat per 3.5 ounces. As expected, the breast that was seared and analyzed with the skin on had double the fat—6.6g per 3.5 ounces.

Wait, what? Roasting chicken with the skin on (and then removing the skin after cooking) helps trap all those tasty, natural juices inside, leaving you with a moist, tender chicken breast that has less fat than a roasted skinless, boneless breast. But how? While roasting, the fat in the breast flows out and gets trapped in the skin. When the skin is removed after roasting, you are left with a leaner piece of meat that is more tender and more tasty than if it were roasted without the skin.

THE SKINNY Cook chicken in its skin to retain all those natural juices. Once it's cooked, remove the skin and enjoy your leaner, juicier breast of tender, tasty chicken.

# olive oil

A drizzle adds a world of depth and flavor to the humble potato.

RICH IN MONOUNSATURATED FATS, olive oil is the golden child of the heart-healthy fats and the workhorse of the healthy kitchen. Plant oils decrease bad LDL cholesterol and raise good HDL cholesterola win-win for the body. Along with all veggie-based oils, it is the most calorie-dense food available in our diet. At 120 calories of pure fat per tablespoon (oils are 100% fat), calories can add up quickly.

Olive oil is beautifully complex in flavor—a characteristic that gets muted in cooking—so we love it best when the flavor can really shine: drizzled over greens, roasted veggies, or velvety mashed potatoes. We skip the butter in this classic dish and add richness and depth with fullbodied extra-virgin olive oil. The oil saves a hefty 5.4g sat fat per serving over butter and adds a burst of full, fruity flavor when drizzled on top.

THE SKINNY Thanks to its liquidity, a little oil goes a long way. Use it in your everyday sautés, and embrace the finishing ability of this tasty fat by drizzling over fish, whole grains, or

crisp greens.

# OLIVE OIL MASHED POTATOES

Hands-on: 10 min. Total: 30 min. The oil coats the starches in a layer of warm fat and keeps them from becoming gluey.

- 1 pound Yukon gold potatoes, halved
- 1 pound medium red potatoes, halved
- 2 bay leaves
- 5 tablespoons 2% reduced-fat milk
- 3 tablespoons extra-virgin olive oil, divided
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 teaspoons minced fresh chives (optional)
- 1. Place potatoes and bay leaves in a large saucepan; cover with water to 2 inches above potatoes. Bring to a boil over high heat. Reduce heat; simmer 20 minutes or until tender. Drain; discard bay leaves.
- 2. Return potatoes to saucepan. Add milk, 2 tablespoons oil, salt, and pepper; mash to desired

consistency. Divide potatoes evenly among 6 plates. Drizzle evenly with remaining 1 tablespoon olive oil. Sprinkle with chives, if desired.

SERVES 6 (serving size: about 1/2 cup potatoes and 1/2 teaspoon olive oil drizzle)

CALORIES 173; FAT 7.4g (sat 1.2g, mono 5.5g, poly 0.7g); PROTEIN 3g; CARB 25g; FIBER 3g; CHOL 1mg; IRON 1mg; SODIUM 260mg; CALC 24mg





# totalfat

Look beyond the big number on the label. Use the breakdown of fats to buy healthier foods.

to often, Americans Look straight to the total fat number on the nutrition label, regarding high numbers as an indication of unhealthy food. "It's a myth that eating specifically high-fat foods makes you fat," says Willett. "Eating or drinking more calories than you need from any source, whether it's fat, carbohydrate, protein, or alcohol, can lead to weight gain. Over the past 30 years in the U.S., the percentage of calories from fat has actually gone down, but obesity rates have skyrocketed. Sugary drinks don't contain any fat, yet the billions of gallons of sugary beverages that Americans drink each year have been a major contributor to the obesity epidemic."

Good fats—those from plant oils, nuts, fish, and whole grains—not only satisfy and keep you full but also protect your heart and support

overall health. When reading labels, look past the total fat and instead study the ratio of unsaturated to saturated. Look at the ingredients and the quality of the food. The plate at left has 32 grams of total fat: That's the amount in three Butterfinger candy bars. But the quality of the food—salmon, walnuts, avocado, olive oil—is premium, fresh, and delicious. You'll walk away happy, satisfied, and comfortably full—a fullness that will last for hours. Bonus: It's fast food, ready in less than 20 minutes.

# THE SKINNY Fear not the total fat number. Focus instead on the type. Choose foods with a higher ratio of heart-healthy unsaturated fats to saturated fats.

# SALMON WITH WALNUT-AVOCADO GUACAMOLE

Hands-on: 17 min.

Total: 17 min.

Put this power-packed plate into the weeknight rotation. It's ready in less than 20 minutes.

- 4 (6-ounce) skin-on salmon fillets
- teaspoon kosher salt, divided
- ½ teaspoon black pepper, divided

Cooking spray

- 1/3 cup toasted walnuts, divided
- 3 tablespoons extra-virgin olive oil, divided
- 1½ tablespoons fresh lime juice
  - 1 peeled ripe avocado
  - 5 cups baby arugula
- 3/4 cup thinly sliced radishes
- **1.** Heat a grill pan over medium-high heat. Sprinkle

salmon with ¼ teaspoon salt and ¼ teaspoon pepper. Coat pan with cooking spray. Place salmon, skin side down, in pan; cook 5 minutes. Turn and cook 3 minutes for medium-rare or until desired degree of doneness.

- **2.** Place ½ teaspoon salt, remaining ¼ teaspoon pepper, ¼ cup walnuts, 2½ tablespoons oil, juice, and avocado in a food processor. Pulse until almost smooth.
- **3.** Place remaining ½ teaspoon salt, arugula, and radishes in a large bowl. Add remaining ½ teaspoons oil; toss. Divide salad among 4 plates. Top with salmon and guacamole. Chop remaining walnuts, and sprinkle over the top.

SERVES 4 (serving size: 1 fillet, about 1 1/2 cups salad, and about 3 tablespoons guacamole)
CALORIES 461; FAT 32.4g (sat 4.4g, mono 15.8g, poly 9.9g); PROTEIN 37g; CARB 6g; FIBER 4g; CHOL 94mg; IRON 2mg; SODIUM 573mg; CALC 81mg



**85/15** 



### **BURGER STATS BEFORE COOKING**

4 ounces 8.3g total fat 3.5g sat fat

4 ounces 16.8g total fat 6.9g sat fat 4 ounces 21.2g total fat 9g sat fat

### **BURGER STATS AFTER COOKING**

3.1 ounces 7.5g total fat 3.2g sat fat 2.7 ounces 12.4g total fat 5.1g sat fat 2.6 ounces 14.2g total fat 6.1g sat fat

### **HOW MUCH FAT DRIPPED OFF?**



Less fat loss left a bigger burger the largest patty of the bunch.



A quarter of the fat dripped off, but the patty still had 60% more fat than the 90/10.



The most fat loss, yes—but a smaller patty with almost twice the sat fat of the 90/10.



# **GROUND BEEF**

The most obvious answer is the right answer.

Ground beef continues to be the favorite for American red-meat eaters, accounting for 60% of all fresh beef prepared in-home, according to the National Cattlemen's Beef Association. Americans eat an average of three burgers per week—50 billion burgers per year. That's a lot of beef and, depending on the mix, a lot of fat.

We wondered: Do fattier cuts of ground beef lose a higher percentage of their fat over heat, since the fat just seems to melt into the coals? And if so, does a cheaper, fattier cut end up as lean as the 90/10 (90% lean, 10% fat) that we usually recommend? We sent samples to the lab to find out.

What we learned is that, yes, more fat in a patty to begin with means more fat will drip off on the grill. However, while the 80/20 grind lost the most fat on the grill (an average of 7g fat and 2.9g sat fat per patty), the resulting burger was still left with almost *double* the sat fat of the leaner 90/10.

THE SKINNY Stick with the 90/10 grind. You get a bigger burger that's just as tasty, with less fat. And there's still calorie room for a whole-grain bun and fresh toppings, like smashed avocado, crisp greens, and pickled veggies.

# bacon

The fat that might just convince more Americans to eat their vegetables

LESS THAN 14% OF AMERICANS are eating enough vegetables, according to a July 2015 report from the Centers for Disease Control. On average, most of us are only eating about half the recommended amount of 2 to 3 cups per day. We can do better. It's easy to pick up a piece of whole fruit and chow down; its natural sugars need no complement. But that's not the case with vegetables, which typically require more prep, cooking, and often

seasoning. We have a trick to convince families to fill half their dinner plates with vegetables: Add a little bacon.

It may seem counterintuitive, but this flavor bomb infuses maximum yumminess into a pan full of plants. The sizzling fat crisps the vegetables and coats them in a layer of smoky flavor. Bonus: You actually need the fat to absorb the fat-soluble vitamins A and K. So in a way, the bacon makes the plants healthier.

THE SKINNY You don't need much. We coat an entire pound of veggies in just 1 tablespoon of savory, umami-filled bacon fat—about ½ teaspoon fat per hearty 2/3-cup serving.

### **BACON-POWERED** BROCCOLI

Hands-on: 22 min. Total: 22 min.

Down a dose of veggies for breakfast by folding leftovers into scrambled eggs.

- 2 ounces center-cut bacon
- 3 cups broccoli florets. halved lengthwise

- 11/2 cups thinly sliced red cabbage
- 1/2 cup chopped onion
- garlic cloves. very thinly sliced
- 1/2 teaspoon caraway seeds
  - 1 tablespoon rice vinegar
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon minced fresh chives



1. Place bacon in a large skillet over medium heat: cook 6 minutes or until crisp. Remove bacon with a slotted spoon, reserving drippings; drain on paper towels. Finely chop bacon. **2.** Increase heat to medium-high. Add broccoli, cut sides down, to drippings in pan; cook 4 minutes or until browned (do not stir). Add cabbage, onion, and garlic; cook 2 minutes, stirring frequently. Reduce heat to medium; cook 3 minutes or until broccoli is tender. Add caraway seeds; cook 1 minute. Remove from heat; stir in vinegar and pepper. Top with bacon and chives.

**SERVES 6** (serving size: <sup>2</sup>/<sub>3</sub> cup) CALORIES 78; FAT 3.4g (sat 1.6g, mono 1.4g, poly 0.4g); **PROTEIN** 5g; CARB 8q; FIBER 3q; CHOL 12mq; IRON 1mg; SODIUM 235mg; CALC 55mg

# OMEGA-3S

The one fat you have to eat

We couldn't write a story about fat and not include this powerhouse. Omega-3 fatty acids are essential fats, meaning our bodies can't make them: We have to get them from our diet. They lower our risk for heart disease, help regulate hormones, lower blood pressure, and play protective roles against cancer. The USDA encourages an average of 250mg per day.

Omega-3s are abundant in fatty fish like salmon, tuna, and halibut, but does the cooking process render out some of this essential fat? And does most of it live in the fatty skin? We tested wild salmon prepared three ways: One was left raw for comparison; one was cooked and analyzed with the skin on; and the final was cooked and analyzed with the skin off.

Rest assured, cooking your fish won't break down the omega-3s. The skin-as we found in the chicken-skin test on page 75—does collect fat, and by removing it, you lose about a day's worth of omega-3s (250mg). However, the meat of the fillet still contains 2,200mg in just 3.5 ounces-nearly nine times the recommended amount.

THE SKINNY Whether raw, seared, or skinless, fatty fish is full of omega-3s. Buy it fresh, and cook it often. Try our quick and easy salmon dish on page 77.



# Proactively manage your recurring symptoms with LINZESS®

If you're more than occasionally constipated, you may need something other than laxatives. Maybe it's time to talk to your doctor about your chronic constinution symptoms, and ask about LINZESS, a once-daily capsule approved for adults to help manage Chronic Idiopathic Constinution. "Chronic" means the constinution is long-lasting or keeps coming back. "Idiopathic" means the cause is unknown. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves\*, and by accelerating bowel movements. LINZESS may relieve your symptoms by allowing you to have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your chronic constipation symptoms keep coming back, ask your doctor about LINZESS today.

\*This was seen in animal studies and the relevance to humans is not known.

### Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with CIC. It is not known if LINZESS is safe and effective in children.

# IMPORTANT RISK INFORMATION

- Do not give LINZESS to children who are under 6 years of age. It may harm them.
- . You should not give LINZESS to children 6 to 17 years of age. It may harm them.
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.





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# Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- About all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

### **Side Effects**

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

# Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.



# Brief Summary of Important Risk Information LINZESS® (lin-ZESS) Capsules



This information does not take the place of talking to your doctor about your medical condition or your treatment.

### What is LINZESS?

LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown.

It is not known if LINZESS is safe and effective in children.

# What is the most important information I should know about LINZESS?

- Do not give LINZESS to children who are under 6 years of age. It may harm them.
- You should not give LINZESS to children 6 to 17 years of age. It may harm them.

# Who should not take LINZESS?

- Do not give LINZESS to children who are under 6 years of age.
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

# What should I tell my doctor before taking LINZESS?

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- About all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements.

# **How should I take LINZESS?**

- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

# What are the possible side effects of LINZESS? LINZESS can cause serious side effects, including:

- Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.

Other common side effects of LINZESS include:

- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

# **How should I store LINZESS?**

- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

# Keep LINZESS and all medicines out of the reach of children.

### **Need more information?**

- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.





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LIN27145 07/14

## animal fat

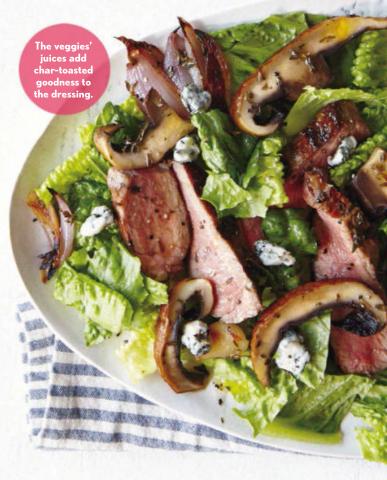
Eat less, enjoy more—by using a higher-fat cut to enhance a colorful plate of plants.

WE WERE SO EXCITED about our chicken-skin discovery (see page 75) that we began to wonder if we could manipulate other fattier meats to render down into leaner. less-calorie-dense cuts. We went a little overboard, cooking and testing a smorgasbord of the fattiest cuts-ribs, chicken wings, pork shoulder-certain that we would discover a revelation in how to prepare saturated-fat-filled meat in a lighter way. But no matter how we cooked them to render the most fat-steaming, roasting, grilling-all still had crazy-high total fat numbers in our lab analyses (for example, 28g total fat in just 3.5 ounces of pork ribs, and a day's worth of saturated fat).

You can trim excess fat before cooking and drain rendered fat during the process, but there's still no way (short of an expensive lab

analysis) of knowing exactly how much is left in the meat. That's OK when meat is used as more of a flavor booster. It becomes a problem when meat takes center stage, as it does for most Americans, who eat three times more meat than the global average. Plant-based fats, on the other hand, are not only higher in heart-healthy mono- and polyunsaturated fats, but they are also more consistent. And there's no guessing game with plantbased fats: A tablespoon of oil will always have 14g fat, as will an ounce of almonds; that number doesn't ever change.

While we were a bit disappointed with our lab results, the takeaway is this: You can't control the total amount of fat in animal protein-it will always vary no matter what your cooking method is. But what you can do is prepare



fattier, flavor-packed cuts in a smarter way. In the recipe below, we take one supermarket-sized rib-eye steak and use it as an accent to boost a giant salad of mushrooms and leafy greens to

serve four people. There's even room for a little cheese. Another tip: Trim the fat and gristle after cooking; our test revealed a 64% total fat loss when we removed the visible fat from the grilled steaks.

THE SKINNY Move high-fat cuts of meat from the center of the plate, and use smaller bits to boost a plate packed with fresh produce.

#### RIB-EYE STEAKHOUSE SALAD

Hands-on: 30 min. Total: 45 min.

- 3 tablespoons extra-virgin olive oil
- 2½ tablespoons sherry vinegar
- 1½ tablespoons chopped fresh thyme
- 5/8 teaspoon kosher salt, divided
- <sup>7</sup>/<sub>8</sub> teaspoon black pepper, divided
- 1/2 teaspoon sugar
- 4 portobello mushroom caps, gills removed (about 1 pound)
- 10 garlic cloves, unpeeled
- 6 large shallots, peeled and halved Cooking spray
- 1 (14-ounce) rib-eye steak
- 5 cups thinly sliced romaine lettuce
- 1 ounce crumbled blue cheese

- 1. Preheat oven to 450°.
- 2. Combine oil, vinegar, thyme, 3/8 teaspoon salt, 3/8 teaspoon pepper, and sugar in a large mixing bowl. Add mushrooms, garlic, and shallots; toss. Using a slotted spoon, place vegetables on a foil-lined jelly-roll pan coated with cooking spray. Reserve vinegar mixture. Bake vegetables at 450° for 25 minutes or until tender, stirring twice. Remove from pan. Cool slightly. Coarsely chop mushrooms and shallots. Remove skins from garlic. Add vegetables, garlic, and any accumulated liquid to vinegar mixture.
- 3. Heat a grill pan over medium-high heat. Sprinkle steak with remaining

- ½ teaspoon salt and remaining ½ teaspoon pepper. Add steak to pan; grill 5 minutes on each side or until desired degree of doneness. Remove from pan; let stand 10 minutes.
- 4. Trim all fat from steak, including eyes of fat in center. Discard fat. Cut meat into very thin slices. Add lettuce to mushroom mixture; toss gently to coat. Divide mushroom mixture evenly among 4 plates. Top evenly with sliced steak and blue cheese.

SERVES 4 (serving size: 2 ounces steak, about 11/2 cups lettuce mixture, and 1/4 ounce cheese)

CALORIES 345; FAT 22.3g (sat 6.1g, mono 12.6g, poly 1.6g); PROTEIN 20g; CARB 18g; FIBER 4g; CHOL 48mg; IRON 4mg; SODIUM 469mg; CALC 99mg

## deep-frying

Good news: It doesn't have to crash your diet.

#### THE BUBBLES THAT FORM

when food is submerged into hot oil are actually pockets of steam rapidly escaping out of the food. When foods are coated in a starchy batter before being fried, a barrier is created between the oil and the food. Underneath the coating, the food steams in its own natural juices, and the coating itself is what actually fries—absorbing the oil to create that crunchy crust and exponentially increasing the amount of fat on the food. More breading = more fat absorbed.

Exactly how much fat is absorbed? Does the type of coating make a difference? We lab-tested deep-fried tilapia two ways: Both batches were dredged in egg white; one was lightly coated in flour, and the other in panko. For comparison, we analyzed a plain piece of baked tilapia with no added fat. Per 3.5-ounce portion. the flour-coated fried fish absorbed less than a teaspoon of oil, adding only 3g total fat to the lean fish

fillet. The panko-coated fish absorbed more than triple the amount of oil for a total fat count of 12.1g. The thinner coating of flour was just the right barrier to keep the fish flaky and moist, absorbing just enough oil to form a crispy coating on the outside.

To satisfy your deep-fried desires (and up your fish intake) with less guilt, try the fish tacos shown here. The frying process adds only a tablespoon of oil to the 12-ounce portion of lightly floured fish. That portion is then stretched over 8 charred whole-grain tortillas and topped with crunchy slaw and juicy tomatoes. Skip the sour cream—a tablespoon adds nearly as much fat as the frying process and would likely just sog out the crispy coating.

THE SKINNY Deep-frying can be part of the healthy kitchen on occasion, especially when you fry naturally lean, nutrient-dense foods like fish, veggies, or grains.

#### **CRISPY TILAPIA TACOS**

Hands-on: 30 min. Total: 30 min.

Aim for just a light coating of flour on the fish for minimal oil absorption—you should only use about <sup>1</sup>/<sub>4</sub> cup of the flour mixture. We attempted this recipe with whole-wheat flour, but the natural oils from the whole grain didn't allow the crust to crisp properly.

- 8 cups canola oil
- 3/4 teaspoon kosher salt. divided
- $1\frac{1}{2}$  cups thinly sliced red cabbage
  - 1 cup thinly sliced red onion
  - 1 teaspoon sugar
  - 1 plum tomato, seeded and diced
  - 1 jalapeño pepper, thinly sliced
- 1½ tablespoons fresh lime juice
  - 8 (6-inch) corn tortillas
  - 1 large egg white, lightly beaten
- 4.5 ounces all-purpose flour (about 1 cup)
  - 1 teaspoon garlic powder
  - 1 teaspoon onion powder
- ½ teaspoon ground red pepper
- 3 (4-ounce) tilapia fillets
- 1/4 cup fresh cilantro leaves
- 1. Clip a candy/fry thermometer to a Dutch oven; add canola oil to pan. Heat oil to 365°.
- 2. While oil heats, combine ½ teaspoon salt, cabbage, and next 4 ingredients

(through jalapeño pepper) in a bowl; toss to coat. Let stand 15 minutes. Stir in lime juice.

- **3.** Heat tortillas over a gas flame or in a hot cast-iron skillet for 30 seconds on each side or until charred
- on edges. Keep warm. 4. When oil reaches 365°, adjust heat to maintain a steady temperature. Place egg white in a shallow dish. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, garlic powder, onion powder, and red pepper in a shallow dish. Dip fillets in egg white; shake off excess. Dredge fillets in flour mixture; shake off excess breading. Carefully place fillets in hot oil. Cook 4 minutes or until golden brown, turning occasionally. Make sure oil temperature does not drop below 350°. Remove fillets from pan using a slotted spoon; drain well on paper towels. Sprinkle with remaining ½ teaspoon salt. Cut fillets into 8 equal pieces.
- **5.** Divide fish evenly among tortillas; top with cabbage mixture and cilantro leaves. Serve immediately.

**SERVES 4** (serving size: 2 tacos) CALORIES 336; FAT 10.5g (sat 1.2g, mono 6g, poly 2.9g); PROTEIN 24g; CARB 33g; FIBER 4g; CHOL 43mg; IRON 6mg; SODIUM 487mg; CALC 117mg

......

### COOKING SPRAY

A quick, easy, low-calorie (but not fat-free) pan-coating alternative

Most sprays are labeled as fat-free and calorie-free. FDA labeling laws allow for foods with less than 5 calories or 0.5g fat per serving to be labeled as zero-calorie or fat-free. But the serving size on most sprays is a ½-second spray, which, in reality, is really short. It's nearly impossible to coat an entire pan in that amount of time. On average, there's about 1g fat per 1-second spray. You can make your own by filling a mister spray bottle with your favorite cooking oil. A 5-second spray equals about 1 teaspoon of oil for 40 calories and 4.5g fat.

> THE SKINNY Cooking sprays and oil misters are great when you need to make a little fat go a long way quickly.





#### butter

NUTRITION PER TABLESPOON 102 calories; 11.5g fat (7.3g sat, 3g mono, 0.4g poly)

#### olive oil

**NUTRITION PER TABLESPOON** 119 calories; 13.5g fat (1.9g sat, 9.9g mono, 1.4g poly)

#### canola oil

**NUTRITION PER TABLESPOON** 124 calories; 14g fat (1g sat, 8.9g mono, 3.9g poly)

#### sesame oil

NUTRITION PER TABLESPOON 120 calories; 14g fat (1.9g sat, 5.4g mono, 5.7g poly)

### animal fats (bacon, duck fat, lard)

**NUTRITION PER TABLESPOON** 116 calories; 13g fat (5g sat, 6g mono, 1.5g poly)

#### coconut oil

**NUTRITION PER TABLESPOON** 117 calories; 13.6g fat (11.8g sat, 0.8g mono, 0.2g poly)

#### nut oils

#### **NUTRITION PER TABLESPOON**

120 calories; 14g fat walnut (1.2g sat, 3.1g mono, 8.6g poly), pistachio (1.9g sat, 6.9g mono, 4.6g poly), hazelnut (1g sat, 10.6g mono, 1.9g poly)

### The Ultimate Fat Guide

#### HOW WE USE IT BEST

- → FINISH WITH A TOUCH—swirled in at the end of a veggie or whole-grain sauté, used to thicken a pan sauce (see recipe on page 71), or smeared over crusty whole-grain bread.
- mashed potatoes with an olive oil swirl (see recipe on page 75). Mix 1 tablespoon per pound into extra-lean ground meat for moist burgers. Use to pop and flavor popcorn.
- THIS NEUTRAL-FLAVORED oil has the lowest sat fat content of all fats; its delicate texture works well as a heart-healthy substitute for butter in some baked goods. Its high smoke point makes it great for sautéing.
- → KICK YOUR GRAINS and veggies up a notch with a sesame oil-fried egg on top: Cook an egg in a drizzle of toasted sesame oil, and then season with a splash of soy sauce and a dash of Sriracha.
- → JUST A TOUCH of bacon drippings can turn even the pickiest eaters into vegetable lovers (see our broccoli recipe on page 78). Roast potatoes and root vegetables in a dollop of duck fat for an indulgently rich flavor and golden crisp crust.
- is flavorless and great for highheat cooking—best for sautés.

  Unrefined is more delicate and has a strong, nutty flavor. Try it in curries or baked goods.
- → SPECIALTY NUT OILS are expensive but worth the splurge. Use them when the flavor will truly shine and not be masked by heavy spices or muted by cooking. Elevate fish, whole grains, veggies, and salads by drizzling the oil over just before serving.

#### WHAT TO KNOW

- → BUTTER IS ABOUT 80% fat; the remaining 20% is water and milk solids. The water steams during baking to create light, flaky layers—the key to successful croissants and piecrusts.
- → LIGHT OLIVE OIL is an indication of color, not fat content. All olive oils, whether light, regular, or extra-virgin, have 14g fat per tablespoon.
- when substituting canola oil for butter, consider this: Canola oil is 100% fat; butter, only 80%. Most recipes only need 3/4 the amount of oil to replace butter.
- → TOASTED SESAME OIL is a twofor-one bargain in healthy cooking. Not only is it highly aromatic and tasty when drizzled over salads, but it's also great for stir-frying and roasting fish or veggies.
- → ALL ANIMAL FATS—even lard and duck fat—have less saturated fat than butter. Store raw, unprocessed animal fats in an airtight container in the fridge for up to a month, or freeze for up to a year.
- → USE THIS FAT REASONABLY as you would butter—melted into hot whole grains; stirred into curry dishes and stews; or baked into muffins, cookies, quick breads, or cakes.
- → DON'T BE AFRAID to pair the oil with the actual nut to showcase the ingredient: Drizzle blanched haricots verts with walnut oil, and sprinkle with toasted walnuts; use hazelnuts and hazelnut oil to make pesto; or top Greek yogurt with pistachio oil, pistachios, and fresh fruit.

#### OOPS!

- → MILK PROTEINS burn easily—don't sauté over high heat in butter. But for a caramelized addition to baked goods, fish, and grains, cook butter over medium heat until amber-brown and fragrantly nutty. Remove from heat immediately.
- → USE REGULAR OLIVE OIL for cooking; save the pricier extra-virgin for drizzling. Extra-virgin is delicate and will lose its depth of flavor when heated.
- → WE LOVE CANOLA OIL in quick breads and cake batters, but it doesn't aerate or "cream" into sugar like butter does, making it less suitable for cookies and frostings.
- regular sesame oil and toasted. The flavor of regular is more subtle than the toasted; you'll be disappointed and underwhelmed if you meant to grab the dark stuff.
- vEGETABLE SHORTENING was created as a healthier, more shelf-stable alternative to animal fats. Ironically, the saturated fats were replaced by partially hydrogenated oils, which we now know are highly processed and full of trans fats.
- → THIS VEGAN-FRIENDLY FAT has 4.5 more grams of sat fat per tablespoon than butter. Until more research on the health benefits surface, we will continue to use this trendy fat in moderation.

itore nut ils in the fridge.

→ SERVE THESE at room temperature. They lose their delicate flavor when heated.

They're also quite expensive—but it isn't always smarter to buy them in bulk, as they spoil quickly. Buy only the amount you'll use within 3 to 6 months.



## healthyhabits + Beauty: Pear p. 94 + Diet: Quality Counts p. 102 + Travel: Asheville p. 104

## Throw your HAPPIEST HOLIDAY FEAST EVER

**Solve your Turkey Day** tantrums so you can stress less and enjoy more.

dmit it: The thought of hosting this year's feast, with its tablescapes, showcase turkey, and succulent sides, has left you feeling a little less festive. But it's not the recipes-you've got those covered. It's the guests.

"The stress over this meal has to do with our preoccupation with how people think of us," says Ronald D. Siegel, PsyD, assistant clinical professor of psychology at Harvard Medical School. "We try to present an image we think everybody will like, which can include being a wonderful host."

Unfortunately, trying to meet guests' expectations—from Uncle Bob's discerning taste buds to your daughter-in-law's save-the-turkeys veganism—can wear you down.

"Remember that the holiday meal is a series of moments," Siegel says. "It will come and it will pass relatively quickly, like all things."

Tried-and-true stress relievers (exercise, deep breaths) may help, but chances are holiday stress will sneak up on you at some point. Here, experts weigh in on how to cope with a few common scenarios.

-HOPE CRISTOL



#### *The* Holiday **Habit**

## Focus on being present rather than trying to impress others.

## 3 SMART SOLUTIONS

#### BEING BOTH Host and Chef

You know the rules of being a good host: seating arrangements that foster conversation, strategically placed snacks in the living room, good lighting and smells, and enough people to keep the party going while you cook in relative peace. Yet everyone wants to be on top of you in the kitchen, watching you cook, asking you questions, and utterly stressing you out.

**SOLUTION:** Plan for it to happen. "Pick a few threshold guardians"—the people who will protect you from conversational onslaught when you're busy at the stove—"and tell them, 'I'll need you to keep pulling people out of the kitchen,'" says psychologist and author Daniel Tomasulo, PhD.

You should also be prepared to advocate for yourself. Tomasulo recommends having a line or two prepared before guests arrive: "Be honest about your process. Try saying something like, 'I need to concentrate on this one task right now so I can really chat with you later on.' Or, 'I'd love your help while I'm cooking. Could you make sure the quests are all introduced to each other?' They will love you for giving them an assignment that makes them feel useful."



BAD BLOOD BETWEEN GUESTS

Does the sight of your sister-in-law make you secretly cringe? Are there old family wounds that just won't heal? Does your uncle insist on talking politics, even when others disagree?

solution: Keep your ears open for unpleasant situations, and swoop in if you sense tension. (Ask a few ambassadors to help you out in this effort, as well.) For instance, if you spot a conversation going south with Aunt Phyllis, pull her away and pick a new topic to talk to her about. If dinner conversation goes awry, stand right up and ask one of the instigators to help you in the kitchen, Tomasulo says.

He also recommends this party trick: "Make each guest responsible for giving a toast, but not all at once. Tell them, 'I'm going to call on you sometime today to make a toast about good things that happened in your life." The fear and anticipation people feel tends to keep even the confrontational guests in check, Tomasulo says. And raising a glass to express warm sentiments is what Thanksgiving is all about.

#### TOO MANY FOOD OPINIONS

As if hosting a crowd weren't difficult enough, it turns out your guests have vastly different food preferences. How are you supposed to cook the ultimate festive meal when you have a paleo cousin, a vegetable-hating dad, in-laws who mock food that comes from a can, and a son who likes classic green bean casserole (made, of course, with condensed soup and fried onions from a can)?

**SOLUTION:** Don't even try, suggests nutrition and wellness coach Vanessa Cunningham, founder of Unhealthy No More. If time and space are your primary holiday stressors, "buy cooked, organic whole turkeys in advance," she says, which saves you precious oven real estate, not to mention time. Focus on making only one or two of your favorite holiday sides. Your guests can bring the rest, which is the easiest way to ensure there will be something for everyone, she says.

Worried that the perfect, traditional meal you hoped for will instead be a lackluster smorgasbord? "Focus on being present for the meal rather than trying to impress other people with the appearance of the meal," Siegel advises.

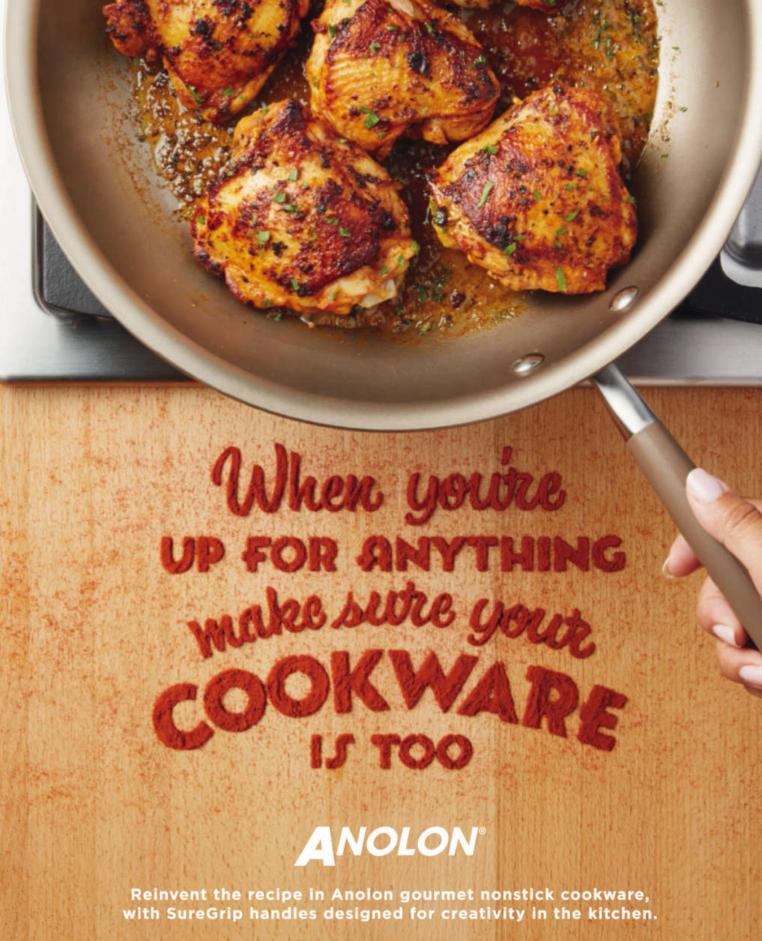
That could be the healthiest holiday advice of all.



#### **AVOID POST-HOLIDAY SLUMP**

"Plan a fun Friday. Have tickets to a show, or make plans for brunch with friends," Tomasulo says.

"Have something to look forward to so there's a soft place to land emotionally."



ANOLON Available at: BED BATH & \* MOCYS Dillard's BON-TON Sock

*The* BEAUTY **HABIT** 

Pick a Pretty Pear
Soften and freshen your skin with these pear-infused products. By CINDY HATCHER



PHOTOGRAPHY; JENNIFER CAUSEY; FOOD STYLING: KELLIE GERBER KELLEY; PROP STYLING: CLAIRE SPOLLEN

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A great source of protein,
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#### *The* BEAUTY **HABIT**

## Pear enzymes help skin cells turn over more frequently.



### Soften Up

These fab new wallet-friendly finds help shield skin from winter dryness.

#### FOR COMFY CLEANSING

Olay Active Botanicals
Refreshing Gel
Cleanser (\$6, target
.com) Snow mushroom
extract holds up to
500 times its
weight in water and
banishes oil without
overdrying.

#### FOR SERIOUS MOISTURE

Vaseline Intensive
Care Deep Moisture
Jelly Cream (\$8,
vaseline.us) Microdroplets
of Vaseline jelly hydrate
as this cream increases
moisture by
250% for up to
18 hours.

#### FOR SWEET DREAMS

Aveeno Ultra-Calming
Nourishing Night
Cream (\$15, aveeno
.com) Red, irritated skin
gets the boot thanks to
feverfew and oat extracts.
Noticeable
results within
one week.

#### FOR SOFTER SHOWERS

Eucerin In-Shower
Moisturizer (\$13,
eucerinus.com) Give skin
a moisture boost by
using this rinse-off
formula after body
wash. Fragrancefree and ideal for
sensitive skin.





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## The BEAUTY HABIT

## What's in Your Bag, LAURENTIIS?

This frequent flier knows how to stay lovely on the go.

iada De Laurentiis has been in the spotlight for years for her cooking shows and cookbooks—her latest, Happy Cooking: Make Every Meal Count ... Without Stressing Out, is available this month—so she knows how to look and feel her best, regardless of where the day takes her. "I get enough sleep (or try to), add a little extra-virgin olive oil to my salad or oatmeal, and never sunbathe. Your skin will thank you," she says.

narlotte Tillan

**EVIAN** MINERAL WATER SPRAY I drink a LOT of water and spray my face with this when I travel. I love how it rehydrates my skin. \$15 for two canisters, sephora.com

#### CHARLOTTE TILBURY CHEEK TO CHIC BLUSHER

Good for both day and night, these creams work perfectly to brighten up my face, especially after an exhausting day of travel \$40, charlottetilbury.com

#### SKINCEUTICALS PHYSICAL FUSION UV

DEFENSE It is in my bag 24/7. It isn't too oily and has going power to last a lot longer than some of the other brands that are out there. \$32, skinceuticals.com

#### FSSIF BALLET SLIPPERS

I have a lot of people watching my hands on a daily basis, so keeping them looking great is high on my beauty regimen. \$8.50, essie.com



NEWEST BOOK, HAPPY COOKING,"



BRUMISA

#### WHAT I LOVE THIS MONTH

SarahPotempa Beachwaver S1 (\$129, sarahpotempa .com) It may be cooling off out there, but I'll rock a beachy, surf-inspired wave year-round. This tool takes out the guesswork. Simply clamp on and push a button, and you'll get the perfect surf-inspired spiral. Pretty gnarly, dude.



#### WHAT ABOUT YOU?

Cindy Hatcher is Cooking Light's beauty editor. Tell her what products you're loving right now at cindy\_ hatcher@timeinc.com. We'll feature your top picks on our blog.

Bunglo pouch

\$28, bunglo.co

## HOLIDAY must-haves

Starting with quality ingredients from these brands will help you create a memorable holiday feast for your family and friends to enjoy!



MUST-HAVE Pantry Staple

This gluten-free pantry staple has a naturally nutty flavor perfect for rice pudding and other holiday treats. Basmati rice grains are longer than wide, which helps the grains stay firm and separate while cooking, so nothing sticks together.

CarolinaRice.com MahatmaRice.com



### MUST-HAVE Baking Helper You can feel good about the

You can feel good about the ingredients in fresh, homemade cinnamon rolls. With Fleischmann's® Yeast, it's easy to make the dough the night before and pop it in the fridge until you are ready to use it in the morning. Find recipes and inspiration at BreadWorld.com/CinnamonRolls



#### **MUST-HAVE** Tradition

Honeysuckle White® turkeys are raised on 700 independent family farms with no growth-promoting antibiotics. Look for the new Honeysuckle White packaging this holiday season. HoneysuckleWhite.com



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your dog enjoy a nutritious,
mouthwatering dinner
without the grains that
contain gluten.



#### The DIET HABIT

### Naughty or Nice It turns out, not all calories are created equal.



h, hello there, Holidays, sneaking up on us with your festive, groaning buffets and the Ghost of Overeating Past.

We see your gastro-guilt and raise you a nutrition expert who gives us the gift of this sound advice: Start thinking about the actual food you eat, and stop obsessing over calorie counts, which gets in the way of logical, healthy eating patterns.

"We're not just buckets to be filled with calories: 200 calories of broccoli is not the same as 200 calories of soda," says Dariush Mozaffarian, MD, DrPH, Dean of the Friedman School of Nutrition Science and Policy at Tufts University. "We need to start thinking of foods as levers that can turn on and off our body's inbuilt weight control mechanisms."

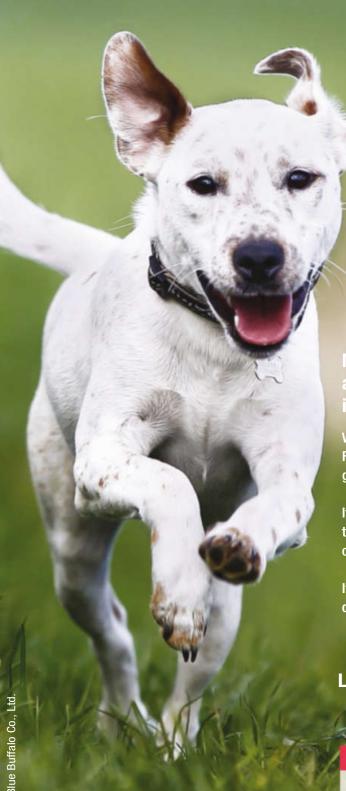
In an effort to identify some of the causes of weight gain, Mozaffarian and his colleagues reviewed the diet histories of more than 100,000 men and women. In their 2011 study published in the *New England Journal of* 

Medicine, they discovered that regular consumption of certain foods—white potatoes, sugar-sweetened drinks, and red meat—was strongly associated with packing on pounds. They also identified foods-vegetables, whole grains, fruits, nuts, and yogurt-that seem to protect against creeping weight gain. A follow-up study published this year corroborated their findings and found that a high intake of low-quality carbs decreased the protective effects of the foods associated with keeping pounds off and magnified the effects of foods associated with expanding waistlines.

How can we wrap all of this up in a holiday take-home package? Focus on filling your plate with the stuff that's good for you. "Short-term, any diet can help you lose weight, but to prevent weight gain in the long term, quality is key," says Mozaffarian. "If you eat more high-quality, nutritious foods, your very powerful inbuilt regulatory mechanisms that help prevent weight gain will kick in."

-JENNIFER DRAWBRIDGE

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## **Asheville, North Carolina** In about 2,000 calories and 10,000 steps\*

\*A unique guide to good eating and great exercise for hungry travelers

See the exercise math at cooking light.com/features.

#### BREAKFAST

#### West Asheville

Begin your day with chicken and waffles, made Asheville-style at King Daddy's Chicken & Waffle (ashevilleking daddy.com). You can order your bird fried, of course, but opt for a simple grilled breast atop a gluten-free waffle, and then pick one of nine toppings—from bananas to salted caramel.

Now you're ready for a leisurely stroll among West Asheville's hip music venues, hipper coffee shops, and artisanal specialty food purveyors, including **1** ASHEVILLE BEE CHARMER (asheville beecharmer.com) and its honey tasting bar.

Eat: 795 calories Burn: 102 calories

#### MORNING

#### River Arts District

Make your way to the River Arts District. It's about a 2-mile hike, but you can stop along the way for a refreshment, such as one of the rotating seasonal ciders at **Urban Orchard** (urbanorchard cider.com).

Keep moving until you reach the RIVER ARTS DISTRICT (riverarts district.com)—a cluster of former factories that now house dozens of artists in galleries mingled with shops, snacks, and, of course, a brewery.

Drink: 220 calories Burn: 306 calories



Downtown

WEST

ASHEVILLE

On the edge of the River Arts District lies All Souls Pizza (allsoulspizza.com), where they grind grains daily to make their crusts and bake them in a wood-fired oven. Try the roasted kale and sausage pizza with a grain salad.

Now you have the fortitude (a happy belly) and the motivation (amazing local beer) for the next leg of your journey, a 1-mile trek uphill—or hop in an Uber car—to the emerging South Slope neighborhood. Just south of downtown, this is where you'll find what seems like a new brewery opening

each week. They're all great, but don't miss the **3 FUNKATORIUM** 

(wickedweedbrewing .com), local fave Wicked Weed Brewing's outpost that offers on-trend sour and barrel-aged beers.

Eat: 660 calories Burn: 153 calories

#### AFTERNOON

#### Walk It Off

You could spend the rest of your day stumbling between breweries, but we can't exactly advocate that, can we? For now, make your way downtown to the Asheville Pinball Museum (ashevillepinball .com), where \$12 grants all-you-can-play access to decades worth of cool old machines.

**Burn: 41 calories** 

#### DINNER

#### Small Plates Satiate

After you've worked up a hunger pummeling your pinball nemesis, stroll a half mile to seek replenishment at **© CÚRATE** (curatetapasbar.com), where chef Katie Button takes on Spanish tapas like sautéed spinach with apples, raisins, and toasted pine nuts; clams cooked in cider with chorizo; and chocolate mousse with hazelnut praline.

Eat: 958 calories Burn: 41 calories

#### NIGHTCAP

#### An Herbal Antidote

In a town known for its booming craft beer scene, it may seem odd to end the day with a cocktail, but Asheville puts a unique spin on the typical tipple, using locally foraged herbs and traditional medicinal plants at places like 6

### **SOVEREIGN REMEDIES** (sovereignremedies.com).

Still, it may be best to toast this town with their Pre-Hangover Tonic, a mix of milk thistle, turmeric, alfalfa, evening primrose, prickly pear, shatavari, and coconut water. Then you can rise heartily tomorrow and enjoy it all over again.

Drink: 45 calories Burn: 20 calories

-Cindy Hatcher

TOTAL BURNED:
663
TOTAL EATEN:
2,678
TOTAL STEPS:
10,500

NET CALORIES: 2.015

PHOTOGRAPHY: (CLOCKWISE FROM LEFT) *CAPITAL ATPLAY*, COURTESY OF EXPLOREASHEVILLE.COM (2), ANDREW MAY PHOTOGRAPHY, AND PETER FRANK EDWARDS/REDUX





SPICYTE EXCITE



BOLD TO SATISFY











investment is worth a lifetime of healthier, oven-baked doughnuts. Find them at various kitchen stores or at amazon.com.

- 1/3 cup packed brown sugar
- 1/4 cup granulated sugar
- 2 tablespoons butter, softened
- 1 large egg
- 1/2 cup plus 1 tablespoon light sour cream, divided
- 1 teaspoon vanilla extract
- 5.6 ounces whole-wheat pastry flour (about 11/4 cups)
  - 1 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg

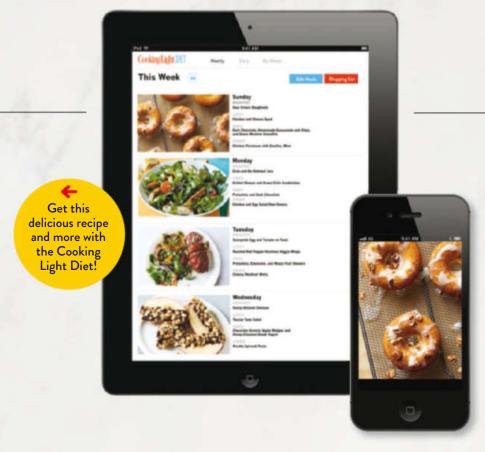
- 2 tablespoons chopped pecans, toasted
- 1. Preheat oven to 375°.
- 2. Place brown sugar, granulated sugar, and butter in a large bowl; beat with a mixer at medium speed until well blended (about 3 minutes). Add egg, beating well. Beat in 1/2 cup sour cream and vanilla. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, baking powder, salt, nutmeg, and cinnamon, stirring well with a whisk. Add flour mixture to sugar mixture; beat at low speed just until combined.
- evenly into 10 doughnut cups coated with baking spray, filling about two-thirds full. Bake at 375° for 14 to 15 minutes or until a wooden pick inserted in center comes out clean. Cool on a wire rack. 4. Combine powdered sugar and
- remaining 1 tablespoon sour cream in a small bowl, stirring with a whisk until smooth. Drizzle evenly over doughnuts. Sprinkle evenly with nuts.

SERVES 10 (serving size: I doughnut)

CALORIES 172; FAT 5.5g (sat 2.6g, mono 1.8g, poly 0.5g); PROTEIN 3g; CARB 28g; FIBER 2g; CHOL 30mg; IRON 1mg; SODIUM 156mg; CALC 65mg

-Recipe by Sidney Fry, MS, RD

## Mmmmm... DOUGHNUTS!



Healthy food doesn't have to be boring. With the Cooking Light Diet, enjoy thousands of simple and delicious recipes—including doughnuts!

Daily menus and complete recipe instructions help you prepare meals in 30 minutes or less. Plus, access your plan anytime on your phone, tablet, or computer.

## Try it now at diet.cookinglight.com/doughnuts







Cooking Light. DIET





#### DON'I Forget Your Containers

If you use pots and planters in your garden design, make sure they won't freeze and crack with the changing temperatures. Empty, scrub, and store clay pots indoors (or try buffering the room for expansion by wedging a layer of bubble wrap inside the container wall before filling with soil each spring). Resin, poly, or metal containers don't need this special treatment.

gardener's chore list this time of year depends on location: Those of us down South, like in our Alabama garden, can use row covers and poly tunnels to create encouragingly warm beds for hearty salad greens, kale, collards, and cabbage (see our recipes for two autumn favorites, radicchio and watercress, on page 111). And frost blankets beat back the winter blues, allowing pockets of warm air to keep greens growing underneath.

However, if deep snow and single-digit temps are the November norm where you live, it's smart to put the garden to bed. Let nature do the work of building rich soil teeming with organic matter and enriching garden beds for spring plantings: Pile soil high with leaves raked, bagged, or borrowed. These decompose into viable leaf mold and block early spring weeds. Although you won't have the satisfaction of getting your hands dirty outside, you can relish the fireside opportunity to thumb through seed catalogs, daydreaming of spring while you cover garden beds with cozy blankets and settle them in for a long winter's nap.

MEET OUR GARDENER Mary Beth Shaddix is a gardener and writer based near Birmingham, Alabama. She plans and oversees the Cooking Light Garden and contributed to *Pick Fresh*, our cookbook and garden guide. Connect with Mary Beth at marybethshaddix.com or @mbshaddix on Instagram and Twitter.

#### WATERCRESS, PROSCIUTTO, AND GOAT CHEESE LINGUINE

#### Hands-on: 12 min. Total: 17 min.

- 1 (9-ounce) package refrigerated fresh linguine
- 1 tablespoon olive oil
- 1<sup>3</sup>/<sub>4</sub> ounces chopped prosciutto
- 1/4 teaspoon crushed red pepper
- 4 ounces soft goat cheese, divided (about <sup>1</sup>/<sub>2</sub> cup)
- 1/4 teaspoon kosher salt
- 1 tablespoon grated lemon rind
- 5 cups trimmed watercress (about 3 bunches)

### 1/2 teaspoon freshly ground black pepper

- **1.** Cook pasta according to package directions. Drain in a colander over a bowl; reserve 1<sup>1</sup>/<sub>4</sub> cups cooking liquid.
- 2. Heat a large skillet over medium-high heat. Add olive oil to pan; swirl to coat. Add prosciutto; sauté for 3 minutes or until browned and crisp. Remove prosciutto from pan with a slotted spoon; drain on a paper towel. Add red pepper to drippings in pan; cook 30 seconds, stirring constantly. Add reserved cooking liquid

to pan; bring to a boil. Add 3 ounces goat cheese and salt, and cook for 2 minutes, stirring until smooth. Stir in grated lemon rind. Add pasta; toss gently to coat. Add watercress, and toss gently to combine.

**3.** Place about 1½ cups pasta mixture on each of 4 plates. Top each serving evenly with remaining 1 ounce cheese, prosciutto, and black pepper.

SERVES 4
CALORIES 323; FAT 12.2g (sat 5.3g, mono 4g, poly 11g); PROTEIN 17g; CARB 37g; FIBER 3g; CHOL 69mg; IRON 3mg; SODIUM 591mg; CALC 104ma





### RADICCHIO, FRISÉE, APPLE, AND MANCHEGO SALAD

Hands-on: 10 min. Total: 10 min.
Pleasantly bitter radicchio and frisée balance
sweet notes from honey and fresh apple, while
rich, salty Manchego rounds out the flavors.

- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon honey
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 cups thinly sliced radicchio
- 2 cups frisée
- 1 cup thinly sliced Fuji apple
- 1 ounce shaved Manchego cheese
- **1.** Combine first 5 ingredients in a large bowl, stirring well with a whisk. Add radicchio, frisée, and apple; toss well to coat. Divide salad evenly among 4 plates. Top with shaved cheese.

**SERVES 4** (serving size: about 1<sup>1</sup>/<sub>2</sub> cups)

CALORIES 126; FAT 9.4g (sat 2g, mono 4.9g, poly 0.8g); PROTEIN 3g; CARB 9g; FIBER 2g; CHOL 8mg; IRON 0mg; SODIUM 199mg; CALC 115mg

-Recipes by Deb Wise

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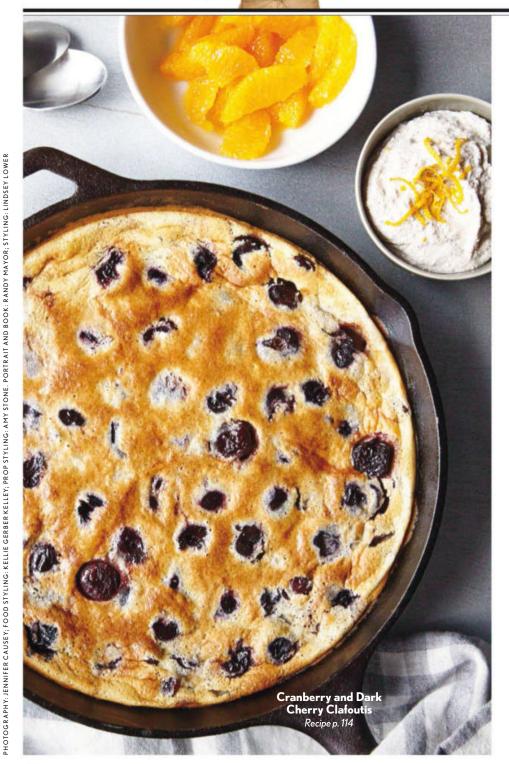


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THIS MONTH'S LESSON

### Fruity Clafoutis

lafoutis is a deliciously confounding little dessert. The French classic is not quite a custard, nor is it a cake. It's something delightfully in between, and anyone who's ever made skillet corn bread can draw some parallels in the procedure.

You make a simple batter, thinner than pancake, thicker than crepe. I depart a bit from tradition here by folding in a little whipped egg white, souffléinspired, to yield a "How did he do that?" textural result—it's dense and custardy yet somehow light and delicate. And it's incredibly easy to make, a go-to that'll impress guests. Warm a skillet. Butter it. Tumble around some fruit. Pour in the batter, and bake. The elegant result belies the almost non-technique. I won't tell if you won't.

#### NOW AN AWARD WINNER.

Keith's first Cooking Light cookbook, Mad Delicious, is a



2015 James Beard Foundation Book Award winner for Focus on Health.



### Keith's Recipe Breakdown

#### **CRANBERRY AND DARK CHERRY CLAFOUTIS**

Hands-on: 20 min. Total: 45 min.

When beating such a small amount of egg white (you only need one) to soft peaks, it's easy to do by hand. Just place the white in a medium bowl, and beat vigorously with a whisk; it should take about a minute.

Ingredient	Amount	Why
Dried sweetened cranberries	<sup>1</sup> / <sub>2</sub> cup	Thanksgiving.
All-purpose flour	2.25 ounces (about ½ cup)	The batter is almost crepe-like, so not much flour.
Sugar	1/ <sub>3 cup</sub>	lt's dessert.
Kosher salt	1/8 teaspoon	To highlight buttery flavors.
2% reduced-fat milk	1cup	To create an appropriately thin batter. The milk solids also contribute to browning.
Heavy cream	<sup>1</sup> / <sub>3 cup</sub>	Just enough to make the dessert satisfyingly rich.
Orange liqueur	1 tablespoon	Complements cranberries.
Almond extract	1/4 teaspoon	Complements cherries.
Large eggs	2	To bind and unify the batter. Think crepe meets cake.
Large egg yolk	1	For more richness.
Large egg white	1, beaten to soft peaks	The whipped white adds some elegance in texture.
Butter	1 tablespoon	Lightly browned as the fruit sautés, it adds depth.
Pitted dark sweet cherries, frozen	1 cup, thawed and shaken of excess moisture	Common in clafoutis, the dark, sweet cherries bleed into the batter beautifully.
Ricotta cheese, part-skim	<sup>1</sup> ∕ <sub>2</sub> cup	Steady curd holds up against the warm dessert, rather than melting away.
Sugar	1 tablespoon	The dessert is slightly sweet. This spikes things a bit.
Ground cinnamon	½ teaspoon	Adds some autumn depth.
Kosher salt	½ teaspoon	Helps to avoid a cloyingly sweet result.
Tangerines	2	Complements the cranberry and lightens up dessert after the big meal.

**SERVES 8** (serving size: 1 clafoutis piece, 1 tablespoon ricotta mixture, and 2 to 3 tangerine sections) CALORIES 239; FAT 9g (sat 5g, mono 2.7g, poly 0.7g); PROTEIN 7g; CARB 33g; FIBER 2g; CHOL 95mg; IRON 1mg; SODIUM 138mg; CALC 117mg



#### CRANBERRY-PEAR CLAFOUTIS

Use 1 cup chopped peeled ripe Anjou pear in place of cherries. Omit almond extract. Skip the ricotta; garnish with 1 tablespoon powdered sugar, 1 ounce crumbled blue cheese, and  $\frac{1}{4}$  cup chopped toasted walnuts.

**SERVES 8** (serving size: 1 clafoutis piece, 1½ teaspoons blue cheese, and 1½ teaspoons walnuts) CALORIES 232; FAT 11.1g (sat 5.1g, mono 2.9g, poly 2.4g); PROTEIN 6g; CARB 28g; FIBER 2g; CHOL 92mg; IRON 1mg; SODIUM 138mg; CALC 80mg

#### Follow These Steps:

- >> Preheat oven to 400°.
- >> Place cranberries in a small bowl; cover with boiling water. Let stand 10 minutes; drain.
- >> Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, ½ cup sugar, and ½ teaspoon salt.
- >> Whisk together milk, cream, liqueur, almond extract, 2 eggs, and 1 yolk.
- >> Gradually sift flour mixture into milk mixture, whisking until smooth. Fold in egg white. Set aside.
- >> Heat a 10-inch ovenproof skillet over mediumhigh heat. Add butter; swirl until butter melts. Add cherries and cranberries; sauté 3 minutes.
- >> Remove skillet from heat. Pour batter evenly over fruit mixture.
- >> Bake at 400° for 14 minutes or until lightly browned and a toothpick inserted in center comes out mostly clean. Let stand 10 minutes before serving.
- >> Combine ricotta, 1 tablespoon sugar, cinnamon, and ½ teaspoon salt.
- >> Grate ½ teaspoon rind from tangerines; stir into ricotta mixture.
- >> Cut tangerines into sections; discard membranes. Top warm clafoutis with ricotta mixture and tangerine sections.





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## WEST COAST RFVIVAI

Seeking light, bright space, a Seattle blogger breathes new life into her old home's kitchen.

BY MIMI READ

arah Adler wants the whole world to eat healthy. A nutrition coach with a blog called Simply Real Health (simplyreal health.com), she's developed an arsenal of recipes for dishes that don't require scads of ingredients or hours to orchestrate. "I want to teach people practical ways to navigate their daily lives so they can feel better and have a more joyful relationship with food," says the 30-year-old Seattle native.

To that end, Adler published her first cookbook, *The Simply Real Health Cookbook*, last spring. In it, she shares her streamlined recipes that support and encourage this health-forward approach to balanced, whole eating.



The cookbook's lush photographs were shot in the kitchen of her 1920s Arts and Crafts cottage, tucked into a historic Seattle neighborhood humming with pedestrian life, small bookstores, and artisanal ice-cream shops. Just before she moved in a few years ago, Adler redesigned the kitchen to give it a vintage modern spin. Six original windows flood the room with light and help to create a warm, sunny environment. To open things up for the main floor's traffic flow, she knocked out a wall behind the stove.

She keeps pantry staples in Mason jars on a wooden rolling cart to maximize storage space, and just to the left of the stove is a pull-out rack lined with herbs and spices.

You'll find few kitchen gadgets and only a modest

amount of cookware in
Adler's kitchen. If she does
bring something new home, her
rule is that it has to perform at least three tasks well
or take up minimal space. "People think I have a huge
collection of pots and pans, but I don't," she says. "I cook
almost everything in a large Lodge cast-iron skillet that
I keep on the stove. The food turns out better than if I'd
used far more expensive pans."

The kitchen's overall design is inspired by Adler's favorite Seattle restaurants, as well as her travels. "It had to be easy to navigate and not overly stocked with things. It's essentially my office, so I needed it bright, clean, and open. It's a great, happy space."

#### A HEALTHY COOK'S KITCHEN





### **KEY FEATURES**

#### **GO WITH YOUR GUT**

Adler's contractors tried to push her away from marble countertops because of their tendency to stain, but she stuck to her guns. "I actually like the look of it being a little worn," she says. "I don't want a pristine kitchen that makes everyone feel uncomfortable."

KEEP IT REAL
She retained an original brick chimney and kept it unpainted.
"Contractors were fighting me to drywall over it or at least paint it. They said it could crumble," she says. "I fought hard. I really like rustic elements to balance out all the white."

Her beautiful wood dining table was a lucky Craigslist find. "I bought it from a couple that was moving from a big house into a smaller one," she says. "They wanted to get rid of this amazing table, and I had been looking for so long. It has two huge side leaves and can expand to seat 10 people."

PICK WHAT YOU LIKE
Her light gray dinner plates are from West Elm. "I like them because they're different than white, and I have smaller white plates, which look pretty with the gray," says Adler. Her mismatched, all-blue bowl collection was scavenged from Etsy and Seattle's secondhand stores, and her cocktail and barware are also vintage and varied.

FIND YOUR SUNNY SPOT
"Ambience is a huge thing," says
Adler, who snapped up Ikea's
Saarinen-inspired dining table for her
L-shaped breakfast nook with built-in
benches. A perfect white circle, the
table adds a smart midcentury modern
note to her vintage-infused decor.

"I hunt these pieces down," she says.

"I'm keeping it casual."







# HE FIGHTS DIRTY no matter how dirty DIRTY S

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## A WEEK WITHOUT



### EACH YEAR, AMERICANS DISCARD MILLIONS OF TONS OF FOOD,

needlessly taxing food budgets and landfills. With a little planning, you can make a difference. We show you how with lots of smart tips and a week's worth of dinners.

his is the time of year when Americans give thanks for the food on our plates, but what about the 133 billion pounds of food that end up in the trash every year? Around 40% of the food in this country goes to waste, and a big chunk of that takes place in our own kitchens: Every year, the average U.S. family tosses out 2,000 of their hard-earned dollars in the form of uneaten food.

Industry leaders are taking up the food waste fight, from chefs like Dan Barber—who for three weeks converted his New York City restaurant, Blue Hill, into a food waste and reuse pop-up—to retailers

like Doug Rauch—the former president of Trader Joe's, who opened Daily Table, a store selling food that's past its sell-by date for discount prices. Now it's time for the home cook to take up the cause.

Here's the good news: By reducing waste at home, you can make a significant contribution to your wallet and the planet. According to the Natural Resources Defense Council (NRDC), the most effective ways to fight food waste are to 1. Shop with a list, 2. Cook like a chef (i.e., use everything), and 3. Understand what expiration dates really mean. Follow along while we show you how to do all of this and cook a week of dinners without waste.



**DINNER 1** 

#### ITALIAN **ROASTED CHICKEN**

Hands-on: 25 min. Total: 2 hr. Reserve the garlic skins, leftover herbs, and roasted bones for the slow cooker stock in Dinner 3. And be sure to save the chicken skin and one of the chickens, as directed in steps 2 and 4.

 $2 (3^{1/2}\text{-pound}) \text{ whole}$ chickens

Cooking spray

- 8 thyme sprigs
- 1/2 (1-ounce) package fresh sage
- 2 tablespoons minced fresh garlic (about 6 cloves)
- 1 tablespoon olive oil
- 2 teaspoons freshly ground black pepper
- 1 teaspoon kosher salt
- 2 lemons, halved
- 3/4 cup water

- 1. Preheat oven to 400°.
- 2. Remove skin from chickens; reserve skin for Dinner 2. Discard necks and giblets. Place chickens on the rack of a broiler pan coated with cooking spray.
- 3. Chop herb leaves; place stems in cavities. Combine leaves, garlic, and oil in a small bowl. Spread oil mixture evenly over chickens. Sprinkle chickens with pepper and salt. Squeeze lemon juice over chickens; place lemon halves in cavities. Secure chicken legs with twine.
- 4. Pour <sup>3</sup>/<sub>4</sub> cup water into bottom of broiler pan. Bake at 400° for 1 hour and 20 minutes or until a thermometer inserted in thigh registers 165°. Let stand 15 minutes. Remove meat

from bones. Reserve bones for stock in Dinner 3: reserve meat from 1 chicken for Dinner 3.

SERVES 4 (serving size: about 4 ounces chicken)

**CALORIES** 191; **FAT** 6g (sat 1.2g, mono 2.5g, poly 1.1g); PROTEIN 29g; CARB 3g; FIBER 1g; CHOL 92mg; IRON 2mg; SODIUM 346mg; CALC 27mg

#### **ROASTED SWEET POTATOES**

Hands-on: 5 min. Total: 40 min.

Look for long, thin sweet potatoes; they make better oven fries than shorter, more squat ones.

- 2 (8-ounce) sweet potatoes, unpeeled
- 1 tablespoon olive oil
- 1 tablespoon brown sugar
- 3 tablespoons almonds, finely chopped
- 3/8 teaspoon kosher salt
- 1/8 teaspoon ground red pepper

1. Preheat oven to 400°. 2. Cut potatoes lengthwise into ½-inch wedges. Combine potatoes, oil, and sugar; toss to coat. Arrange potatoes in a single layer on a baking sheet lined with parchment paper. Sprinkle with almonds, salt, and pepper. Bake at 400° for 35 minutes or until tender and browned.

SERVES 4 (serving size: about 4 wedges) CALORIES 169; FAT 6.7g (sat 0.7g, mono 4.5g, poly 1.2g); PROTEIN 3g; CARB 25g; FIBER 4g; CHOL Omg; IRON 1mg; SODIUM 242mg; CALC 38mg

#### **RAINBOW CHARD SAUTÉ**

Hands-on: 15 min. Total: 15 min.

- 1 pound rainbow chard (about 2 bunches)
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1/4 teaspoon freshly ground black pepper
- 1 ounce goat cheese, crumbled (about 1/4 cup)
- 1. Remove leaves from chard stems. Thinly slice stems, and chop leaves. Heat a large skillet over mediumhigh heat. Add oil to pan; swirl to coat. Add stems, garlic, and pepper to pan; sauté 3 minutes. Add leaves to pan; sauté 2 minutes or until beginning to wilt. Sprinkle with cheese.

SERVES 4 (serving size: about 3/4 cup) CALORIES 80; FAT 5.5g (sat 1.5g, mono 2.8g, poly 0.5g); PROTEIN 3g; CARB 5g; FIBER 2g; CHOL 3mg; IRON 2mg; SODIUM 248mg; CALC 64mg



#### **DINNER 2**

#### CHIMICHURRI STEAK TACOS WITH PICKLED VEGETABLES

Hands-on: 30 min. Total: 1 hr. 10 min.

Though the amount of chicken skin may seem like a lot, it renders out most of its fat so that you only end up with 2.3 ounces after cooking. Use the cilantro stems for the sauce; the leaves will go in the rice. You'll use the parsley stems and carrot trimmings in the stock for Dinner 3 and the broccoli florets in Dinner 5.

- 11 ounces raw chicken skin (reserved from Dinner 1)
- 1/2 teaspoon kosher salt, divided
- 1 cup red wine vinegar, divided
- 3/4 cup sugar
- $\frac{1}{2}$  cup water
- 3 medium carrots, julienned (about 5 ounces)
- 2 broccoli stalks, julienned (about 7 ounces)
- ½ cup cilantro stems
- 1/2 cup chopped fresh flat-leaf parsley leaves
- 1/2 teaspoon crushed red pepper
- ½ teaspoon sugar
- 5 garlic cloves, crushed
- 3 tablespoons extra-virgin olive oil
- 1 (12-ounce) flank steak Cooking spray
- 8 (6-inch) corn tortillas
- 1 lime, cut into 8 wedges
- 1. Preheat oven to 375°.
- 2. Place chicken skin flat on a jelly-roll pan lined with parchment paper. Bake at 375° for 40 minutes, making sure skin gets brown and thoroughly crisp but not

burned. Drain on paper towels. Chop skin into small pieces; toss with ¼ teaspoon salt in a bowl. Set aside.

- 3. Combine <sup>2</sup>/<sub>3</sub> cup vinegar, <sup>3</sup>/<sub>4</sub> cup sugar, and <sup>1</sup>/<sub>2</sub> cup water in a saucepan; bring to a boil. Remove from heat; add carrots and broccoli. Let stand 30 minutes. Drain.
- 4. Combine cilantro, parsley, pepper, ½ teaspoon sugar, and garlic in a mini food processor; process until finely chopped. Add remaining ½ cup vinegar and oil; pulse until well combined. Combine ½ cup sauce and beef in a large zip-top plastic bag; turn to coat. Let stand at room temperature 30 minutes, turning once.
- 5. Heat a large grill pan over medium-high heat. Coat pan with cooking spray. Add steak to pan; cook 5 minutes on each side or until desired degree of doneness.

from pan; let stand for 5 minutes. Cut steak across the grain into thin slices; sprinkle with remaining <sup>1</sup>/<sub>4</sub> teaspoon salt.

6. Heat tortillas according to directions. Divide steak, vegetables, and remaining ½ cup sauce among tacos. Sprinkle each taco with about 2 teaspoons chicken skin; serve with lime wedges.

SERVES 4 (serving size: 2 tacos)
CALORIES 391; FAT 22.3g (sat 5.1g, mono 12.6g, poly 2.7g); PROTEIN 25g; CARB 22g; FIBER 3g; CHOL 66mg; IRON 3mg; SODIUM 347mg; CALC 95mg

#### **CILANTRO YELLOW RICE**

Hands-on: 10 min.
Total: 40 min.
We've found that cooking
brown rice like pasta produces

- the fluffiest grains.

  8 cups water
- 3/4 cup brown basmati rice

- 2 teaspoons olive oil
- 3 garlic cloves, minced
- ½ teaspoon black pepper
- 1/4 teaspoon kosher salt
- 1/2 cup chopped fresh cilantro leaves
- 3/4 teaspoon ground turmeric (optional)
- 1. Bring 8 cups water to a boil in a Dutch oven over high heat. Add rice; reduce heat, and simmer 35 minutes or until tender, stirring occasionally. Drain well.
- 2. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; sauté 30 seconds. Add rice, pepper, and salt; sauté 2 minutes or until rice is heated. Stir in cilantro and turmeric, if desired.

SERVES 4 (serving size: about ½ cup)
CALORIES 132; FAT 4g (sat 0.3g, mono
2.5g, poly 0.2g); PROTEIN 2g; CARB
24g; FIBER 2g; CHOL Omg; IRON 1mg;
SODIUM 121mg; CALC 6mg



#### **DINNER 3**

#### FRESH VEGETABLE Quinoa Bowl

Hands-on: 20 min. Total: 8 hr. 37 min.

Making stock has never been easier, thanks to the slow cooker. You can also use unsalted chicken stock as a substitute. (NOTE: You can make the stock overnight after enjoying Dinners 1 and 2. Strip herb leaves, and prep all vegetables for the week, using trimmings in stock.)

- 6 cups water
- 1/2 cup coarsely chopped flat-leaf parsley stems

- 6 garlic cloves
- 6 thyme sprigs
- 3 medium carrots (about 7 ounces), cut into 1-inch pieces
- 1 medium red onion, cut into wedges
- 1/2 (1-ounce) package fresh sage
- Chicken bones (reserved from Dinner 1)
- 1½ cups uncooked quinoa, rinsed and drained
  - 1 tablespoon olive oil
  - tablespoon chopped fresh thyme leaves
- 1/2 teaspoon kosher salt

- 1 medium red bell pepper, chopped
- 1/2 medium red onion, finely chopped
  - 1 large zucchini, chopped
  - 1 (6-ounce) package fresh baby spinach
- Italian Roasted Chicken (reserved from Dinner 1; about 16 ounces)
- 1 lime, cut into 8 wedges
- 1. Place first 8 ingredients in a 6-quart slow cooker. Cover and cook on HIGH 8 hours. Drain in a colander over a bowl; discard solids.
- **2.** Bring  $2^{\frac{1}{2}}$  cups stock to a boil in a small saucepan

(reserve remaining stock for Dinners 4 and 5). Add quinoa; cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Reserve 1½ cups cooked quinoa for Dinner 4.

3. Heat a large skillet over medium-high heat. Add oil; swirl. Add thyme leaves, salt, bell pepper, and chopped onion; sauté 3 minutes. Add zucchini; sauté 2 minutes. Add spinach and chicken; cover and cook 2 minutes. Toss to combine. Divide quinoa among 4 bowls; top with chicken mixture. Serve with lime wedges.

SERVES 4 (serving size: about <sup>1</sup>/<sub>2</sub> cup quinoa, 1<sup>1</sup>/<sub>2</sub> cups chicken mixture, and 2 lime wedges)
CALORIES 434; FAT 12.4g (sat 2.1g, mono 5.7g, poly 3g); PROTEIN 38g; CARB 43g; FIBER 8g; CHOL 92mg; IRON 6mg; SODIUM 669mg; CALC 110mg

#### GARLIC, AVOCADO, AND TOMATO TOAST

Hands-on: 15 min. Total: 15 min.

- 1 (4-ounce) demi baguette, cut into 10 slices
- 1 garlic clove, halved
- 1 medium tomato, chopped
- 1/2 teaspoon red wine vinegar
- 1/4 teaspoon black pepper
- 1/8 teaspoon kosher salt
- 1 large ripe avocado, peeled and mashed
- 1. Preheat broiler to high.
- 2. Reserve 2 bread slices for Dinner 4. Broil remaining bread 30 seconds on each side or until toasted. Rub bread with cut sides of garlic. Combine tomato, vinegar, pepper, and salt; let stand 5 minutes. Spread avocado evenly over toast; top with tomato mixture.

SERVES 4 (serving size: 2 toast slices)
CALORIES 153; FAT 7.9g (sat 1.2g, mono 5g, poly 1.1g); PROTEIN 4g; CARB 19g; FIBER
4g; CHOL 0mg; IRON 1mg; SODIUM
182ma; CALC 21ma





fresh thyme  $\frac{1}{2}$  medium red onion, finely chopped 1 (8-ounce) package sliced cremini mushrooms, finely chopped

DINNER 4

Total: 45 min.

1/2 cup chicken stock (reserved from Dinner 3)

1/2 teaspoon kosher salt

½ teaspoon black pepper

2 demi baquette slices (reserved from Dinner 3)

1½ cups cooked quinoa (reserved from Dinner 3)

1 pound extra-lean ground sirloin

2 large eggs, lightly beaten

2 ounces goat cheese, crumbled (about ½ cup)

1/2 cup unsalted ketchup

1. Preheat oven to 450°.

2. Heat a large skillet over medium-high heat. Add oil; swirl to coat. Add carrot, garlic, thyme, and onion; sauté 3 minutes. Add mushrooms; sauté 6 minutes. Add stock, salt, and pepper; bring to a boil. Cook 3 minutes or until liquid evaporates, stirring

frequently. Cool completely. 3. Place bread in a mini food processor; process until coarse crumbs form. Combine breadcrumbs, quinoa, beef, and eggs. Stir in mushroom mixture and cheese. Shape beef mixture into 8 (4 x 2-inch) freeform loaves; place on a baking sheet lined with parchment paper. Bake at 450° for 15 minutes or until done. Top each loaf with 1 tablespoon ketchup.

SERVES 4 (serving size: 2 loaves) **CALORIES** 396; **FAT** 13.5g (sat 5.3g, mono 5.3g, poly 2g); **PROTEIN** 34g; **CARB** 36q; FIBER 3g; CHOL 160mg; IRON 4mg; SODIUM 461mg; CALC 74mg

### **QUICK CREAMY POTATOES**

Hands-on: 10 min. Total: 35 min. A half-and-half combo of cauliflower and potatoes lightens up a classic mash.

1 (10-ounce) package fresh cauliflower florets

10 ounces Yukon gold potatoes, unpeeled and chopped

2 garlic cloves

1/4 cup whole milk

1 tablespoon butter

1/2 teaspoon freshly ground black pepper

1/4 teaspoon kosher salt

1. Place cauliflower, potatoes, and garlic in a large saucepan. Cover with water to 2 inches over vegetables; bring to a boil. Reduce heat, and simmer 15 minutes or until tender. Drain well. Return to pan; let stand 5 minutes. 2. Combine milk and the remaining ingredients in a small microwave-safe bowl. Microwave at HIGH for 45 seconds or until butter melts. Add to pan; mash with a potato masher to desired consistency.

SERVES 4 (serving size: about 1/2 cup) CALORIES 103; FAT 3.6g (sat 2.2g, mono 0.9g, poly 0.2g); PROTEIN 3g; CARB 16g; FIBER 3g; CHOL 9mg; IRON 1mg; SODIUM 148mg; CALC 38mg

### **ROASTED BRUSSELS SPROUTS**

Hands-on: 5 min. Total: 22 min.

> 1 pound Brussels sprouts, trimmed and halved

Cooking spray

 $1\frac{1}{2}$  tablespoons olive oil

1/2 teaspoon black pepper

1/4 teaspoon salt

1. Preheat oven to 450°.

2. Place Brussels sprouts on a baking sheet coated with cooking spray. Drizzle with oil; toss to coat. Sprinkle with pepper and salt. Bake at 450° for 17 minutes or until tender (do not stir).

**SERVES 4** (serving size: about <sup>3</sup>/<sub>4</sub> cup) CALORIES 95; FAT 5.4g (sat 0.8g, mono 3.7g, poly 0.7g); PROTEIN 4g; CARB 10g; FIBER 4g; CHOL 0mg; IRON 2mg; SODIUM 148mg; CALC 49mg

### DINNER 5

Hands-on: 35 min. Total: 35 min.

The red chiles add vibrant color and deep, fruity heat. If you can't find them, substitute 1/4 cup thinly sliced Fresno peppers (which are much milder). Look for very young ginger; it will have thinner skin and a less fibrous interior.

- 2 tablespoons dark sesame oil, divided
- 1 (3.5-ounce) package shiitake mushrooms
- 1/2 cup diagonally cut carrot (about 2 ounces)
- Thai red chile peppers, halved

- 3 garlic cloves, minced
- 1 (1-inch) piece fresh ginger, thinly sliced
- 2 cups chicken stock (reserved from Dinner 3)
- 2½ tablespoons lowersodium soy sauce
  - 2 teaspoons honey
  - 7 ounces broccoli florets (about 3 cups)
  - 4 baby bok choy, quartered (about 10 ounces)
  - 1 (16-ounce) package refrigerated cooked Chinese egg noodles (such as Twin Marquis)
  - 2 teaspoons canola oil
  - 4 large eggs
  - 1 tablespoon rice vinegar
- 1. Heat a medium saucepan over medium-high heat.

Add 1 tablespoon sesame oil to pan; swirl to coat. Thinly slice mushroom caps. Add mushrooms and carrot to pan; sauté 5 minutes or until tender. Add peppers, garlic, and ginger; cook 30 seconds, stirring constantly. Add stock; bring to a boil, scraping pan to loosen browned bits. Cover and simmer 10 minutes. Remove from heat; stir in soy sauce and honey. Keep warm. 2. Heat a wok or large

skillet over high heat. Add remaining 1 tablespoon sesame oil to pan; swirl to coat. Add broccoli; stir-fry 3 minutes. Add bok choy; stir-fry 1 minute.

- 3. Place noodles in a colander; rinse under hot water to separate noodles. Drain; divide noodles evenly among 4 bowls. Top evenly with broccoli, bok choy, and stock mixture.
- 4. Heat a large nonstick skillet over medium heat. Add canola oil to pan; swirl to coat. Crack eggs into pan; cook 4 minutes or until whites are just set. Top each bowl with 1 egg. Drizzle servings evenly with rice vinegar.

### **SERVES 4**

CALORIES 471; FAT 22g (sat 3.2g, mono 11g, poly 6.8g); **PROTEIN** 19g; **CARB** 52g; FIBER 4g; CHOL 214mg; IRON 5mg; SODIUM 785mg; CALC 146mg



### **SPOILER** ALERT

The most wasted food group is fresh produce. (Dairy is No. 2; meat, poultry, and fish are No. 3). To extend the life of the top most perishable produce, keep your fridge set between 35° and 37°, and follow these tips.

Salad greens: Moisture is the enemy. Open the clamshell, place a paper towel over greens, and return lid. Refrigerate, lid-side down. Leafy herbs: Stand the bunch in a glass partially filled with water; invert a zip-top plastic bag over herbs, and close partway, allowing air to circulate.

Berries: If space allows, spread in a single layer on a towel-lined tray. If not, keep in original packaging with paper towels between layers.

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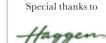
















Here's all you need for one week of waste-free dinners. Check the list of staples; chances are you'll have most of those ingredients on hand.

### **PRODUCE**

- ☐ Thyme (1-ounce package)
- ☐ Sage (1-ounce package)
- ☐ Cilantro (1 bunch)
- ☐ Flat-leaf parsley (1 bunch)
- ☐ Thai red chiles (4)
- ☐ Baby bok choy (4)
- ☐ Ginger (1-inch piece)
- Lemons (2)
- ☐ Limes (2)
- ☐ Garlic (3 heads)
- Red onions (2 medium)
- Yukon gold potatoes (10 ounces)
- ☐ Avocado (1 large)
- ☐ Tomato (1 medium)
- ☐ Sweet potatoes (1 pound)
- ☐ Rainbow chard (1 pound)
- ☐ Broccoli (12-ounce head)
- ☐ Carrots (1 pound)
- ☐ Baby spinach (6-ounce package)
- ☐ Zucchini (1 large)
- ☐ Red bell pepper (1 medium)
- ☐ Sliced cremini
- mushrooms (8-ounce package)
- ☐ Shiitake mushrooms (3.5-ounce package)
- □ Cauliflower florets (10-ounce package)
- ☐ Brussels sprouts (1 pound)
- ☐ Refrigerated cooked egg noodles (1 pound)

### **MEATS**

- ☐ Whole chickens  $(2[3^{1/2}-pound])$
- ☐ Flank steak (12 ounces)
- ☐ Extra-lean ground sirloin (1 pound)

### DAIRY

- ☐ Goat cheese (3-ounce log)
- ☐ Eggs (6)
- □ Whole milk

### **BAKERY**

□ Demi baguette (4 ounces)

### **DRY GOODS**

- 6-inch corn tortillas (1 small package)
- ☐ Brown basmati rice  $(^{3}/_{4} \text{ cup})$
- $\square$  Quinoa (1½ cups)
- □ Almonds (small package)

### **STAPLES**

- Cooking spray
- □ Kosher salt
- ☐ Black pepper
- Ground red pepper Crushed red pepper
- ☐ Ground turmeric
- □ Granulated sugar
- ☐ Brown sugar
- ☐ Honey
- Extra-virgin olive oil
- ☐ Olive oil
- ☐ Canola oil
- ☐ Dark sesame oil
- ☐ Lower-sodium soy sauce
- Rice vinegar
- Red wine vinegar
- Unsalted ketchup
- Unsalted butter
- Go to endfoodwaste.org to learn how you can help fight food waste.

### **EXPIRATION** DATES 101

A lot of good food goes to waste because of confusing labels. According to Dana Gunders, a food waste expert at NRDC and author of Waste Free Kitchen Handbook, "Food date labels are not meant to indicate anything about food safety." Bestby and use-by dates are "manufacturer estimates of when a product is at its peak quality." Sell-by dates aren't even meant for consumers; they tell the store how long a product can be kept in stock and still have a significant shelf life once shoppers get it home. Take these dates as rough guidelines, and use your judgment to decide what's fresh.

A prime example: Milk often gets trashed too soon, but "because it's pasteurized, milk is highly unlikely to make you sick," Gunders explains. "If it smells and tastes fine to you, it's fine." A good rule of thumb: Be careful with the foods that pregnant women are told not to eat—deli meats, raw meat, and fish.

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# THE THANKS GIVING COOKBOOK

# 2015 FAMILY EDITION

There's a reason why the same heirloom recipes grace our tables each year: These are the dishes that mean something to us, that anchor our families' food traditions and create lifelong memories. In the following pages, we share 479 years of our staff's collective holiday knowledge and know-how for everything from the perfect centerpiece turkey to the best apple pie.









### From the Kitchen of...

### SCOTT MOWBRAY FORMER COOKING LIGHT EDITOR

"I wanted the Spanish flavors of Catalonian cava and Jerez sherry to mingle in a holiday punch. The syrup, called an *oleo saccharum*, pulls essential oils from the orange peel and perfumes the cocktail."

### SHERRY-CAVA CITRUS FIZZ

Hands-on: 10 min. Total: 4 hr. 10 min.

Make this punch up to 4 hours ahead, but wait to add the cava until just before serving.

- 1 large navel orange
- 1/4 cup sugar
- 1 tablespoon hot water
- 1½ cups Lustau Palo Cortado Península sherry or Lustau Don Nuño dry oloroso sherry
- 2 tablespoons lemon juice
- 2 (750-milliliter) bottles chilled Spanish brut (dry) cava or other sparkling wine
- 1. Remove rind from orange using a vegetable peeler, avoiding white pith. Place rind and sugar in a medium bowl; pound rind and sugar together using a muddler or wooden spoon until rind releases its oils. Cover and let stand at room temperature 2 to 4 hours. 2. Add hot water to rind mixture, stirring to dissolve sugar. Strain through a sieve into a pitcher; discard rind. Stir in sherry and juice; gently stir in cava.

SERVES 12 (serving size: about <sup>2</sup>/3 cup)
CALORIES 132; FAT Og; PROTEIN Og;
CARB 6g; FIBER Og; CHOL Omg;
IRON Omg; SODIUM Omg; CALC 1mg



From the Kitchen of...

LARAINE PERRI

LONGTIME CONTRIBUTOR

"The Perris would sooner sacrifice the turkey than spend Thanksgiving in New York City fritter-less."

# CORN FRITTERS WITH JALAPEÑO JELLY

Hands-on: 18 min. Total: 18 min.

Avoid overmixing the batter to keep fritters from becoming too heavy and dense. You can make them earlier in the day and quickly reheat; arrange fritters on a wire rack set over a baking sheet in a 425° oven until thoroughly heated and crisp.

- 3.38 ounces all-purpose flour (about <sup>3</sup>/<sub>4</sub> cup)
  - 1 teaspoon baking powder
- 3/4 teaspoon kosher salt
- 3/4 teaspoon ground cumin
- 1/4 teaspoon ground red pepper
- 1/2 cup 2% reduced-fat milk
- 1 tablespoon unsalted butter, melted
- 1 large egg
- 1/3 cup finely chopped green onions
  - 1 (16-ounce) package frozen corn kernels, thawed and drained
- 6 tablespoons peanut oil, divided
- 1/4 cup jalapeño pepper jelly
- **1.** Preheat oven to 200°.
- 2. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and next 4 ingredients (through

- pepper) in a medium bowl, stirring with a whisk. Combine milk, butter, and egg, stirring with a whisk. Add egg mixture to flour mixture; stir just until combined. Fold in green onions and corn.
- 3. Heat a large heavy skillet over medium-high heat. Add 2 tablespoons oil to pan; swirl to coat. Spoon 2 tablespoons batter into pan. Repeat procedure 7 times to form 8 fritters. Cook 2 minutes on each side or until golden. Place fritters on a baking sheet; place in oven to keep warm. Repeat procedure 2 more times with remaining oil and batter. Serve with jelly.

**SERVES 12** (serving size: 2 fritters and about 2 teaspoons jelly)

CALORIES 152; FAT 9g (sat 2.1g, mono 3.8g, poly 2.5g); PROTEIN 3g; CARB 17g; FIBER 1g; CHOL 19mg; IRON 1mg; SODIUM 183mg; CALC 42mg



From the Kitchen of...
ALICE ELDRIDGE SUMMERVILLE
OFFICE MANAGER

Alice describes these little bites as cheese straws with an olive stuffed inside. They were a special treat reserved for holidays and for whenever her parents hosted the supper club in their Birmingham,

Alabama, home.

### **CHEESE OLIVETTES**

Hands-on: 35 min.

**Total: 52 min.**We put a whole

We put a whole-grain spin on this appetizer. Freeze unbaked olivettes for a month; bake from frozen for an extra few minutes.

- 1½ tablespoons butter, softened
- $1\frac{1}{2}$  tablespoons canola oil
  - 3 ounces 2% reduced-fat extra-sharp cheddar cheese (such as Cracker Barrel), finely shredded (about <sup>3</sup>/<sub>4</sub> cup)
  - 2 ounces whole-wheat pastry flour (about /2 cup)
- 1/4 teaspoon ground red pepper
- 24 pimiento-stuffed manzanilla olives
- 1. Preheat oven to 400°.
- **2.** Place first 3 ingredients in a medium bowl. Beat with a mixer at medium speed for  $1\frac{1}{2}$  minutes or until smooth.
- **3.** Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and pepper in a medium bowl. Add flour mixture to cheese mixture; beat at low speed just until combined (dough will be slightly crumbly).
- 4. Pat olives dry. Shape 1 teaspoon dough into a ball; flatten. Place 1 olive in center, working dough around olive until covered. Roll between palms until round and smooth. Place on a parchment-lined baking sheet. Repeat procedure with remaining dough and olives to form 24 olivettes. Bake at 400° for 15 minutes or until lightly browned on bottom. Cool slightly. Serve warm or at room temperature.

SERVES 12 (serving size: 2 olivettes)
CALORIES 74; FAT 5.2g (sat 2.1g, mono
1.5g, poly 0.6g); PROTEIN 2g; CARB
4g; FIBER 1g; CHOL 9mg; IRON 0mg;
SODIUM 177mg; CALC 54mg



From the Kitchen of...
CHERYL SLOCUM
SENIOR FOOD EDITOR

A bowl of nuts in their shells was a coffee table staple for Thanksgiving snacks when Cheryl was young. "Operating the nutcracker was a real draw for us little kids," she says, "but our tastes have evolved to this sweet-hot crispy mix."

### BROWN SUGAR— SPICED NUT MIX

Hands-on: 5 min. Total: 30 min.

Achieve a bronzelike patina on these candied nuts by keeping a close watch near the end of their roasting time. Too long and they'll overdarken and take on a bitter flavor.

- 6 tablespoons light brown sugar
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$  teaspoon salt
- ½ teaspoon ground red pepper
- 1/4 teaspoon ground cardamom
  - 1 egg white
- 2 teaspoons canola oil
- 1 teaspoon Worcestershire sauce
- 1 cup raw pecan halves
- $\frac{1}{2}$  cup raw whole almonds
- 1/3 cup raw shelled pumpkinseeds

### Cooking spray

- **1.** Preheat oven to 350°.
- 2. Combine first 5 ingredients in a small bowl. Combine egg white, oil,

and Worcestershire in a large bowl; stir with a whisk until mixture is frothy. Add nuts, pumpkinseeds, and sugar mixture, stirring well to coat.

**3.** Spread nut mixture on a baking sheet coated with cooking spray. Bake at 350° for 10 minutes. Remove pan from oven; stir nuts to break apart. Return pan to oven. Reduce oven temperature to 300°. Bake 10 minutes. Remove nuts; cool 5 minutes. Stir to break apart nuts.

SERVES 12 (serving size: 2 tablespoons)
CALORIES 146; FAT 12g (sat 1.2g, mono
5.7g, poly 2.7g); PROTEIN 4g; CARB
8g; FIBER 2g; CHOL 0mg; IRON 1mg;
SODIUM 108mg; CALC 27mg



From the Kitchen of...
RACHEL LASSERRE
ART DIRECTOR

"If my cousin is in charge, then our warm wine punch goes especially boozy. Either way, it's got to have the oranges with the little cloves."

# WARM SPICED (AND SPIKED) CABERNET

Hands-on: 10 min. Total: 45 min.

Garnish this punch with a cinnamon stick or orange slices.

- 6 whole cloves
- 1 orange, quartered
- $\frac{1}{2}$  cup fresh orange juice
- $\frac{1}{2}$  cup brandy
- 6 tablespoons sugar
- 3 cinnamon sticks
- 2 (750-milliliter) bottles cabernet sauvignon

1. Press cloves into the peel of quartered orange. Combine all ingredients in a medium saucepan. Bring to a simmer over medium heat (do not boil). Reduce heat to low, and cook 30 minutes. Remove orange and cinnamon.

SERVES 12 (serving size: ½ cup)
CALORIES 162; FAT 0g; PROTEIN 0g;
CARB 12g; FIBER 0g; CHOL 0mg;
IRON 1mg; SODIUM 5mg; CALC 16mg

# From the Kitchen of... SHERI WILSON ART DIRECTOR

"Every year, a week after Thanksgiving, we throw a party for all our friends. My husband discovered the Wilga Hill Boomerang in a cocktail book, and it has become the signature drink for the event."

### WILGA HILL Boomerang II

Hands-on: 5 min. Total: 5 min.

We streamlined and lightened the original recipe but kept true to the gin, apple, and vermouth at its heart. Premix big batches (except the ice) in a pitcher up to a day ahead. Shake servings for 1 or 2 at a time with ice.

- $1\frac{1}{2}$  ounces dry gin
- 11/2 ounces unfiltered apple cider (such as Zeigler's)
- 1/2 ounce red vermouth (such as Dolin)
- $\frac{1}{2}$  ounce fresh lemon juice
  - 1 teaspoon grenadine
- **1.** Combine all ingredients in a shaker filled with ice. Shake well, and strain into a glass.

SERVES 1 (serving size: about <sup>2</sup>/s cup)
CALORIES 161; FAT Og; PROTEIN Og;
CARB 12g; FIBER Og; CHOL Omg;
IRON Omg; SODIUM 8mg; CALC 2mg

From the Kitchen of...

### KATIE BARREIRA TEST KITCHEN DIRECTOR

Katie, a Boston native, and her cousin rivaled for their grandmother's clam dip recipe and the secret to what made her version green. "My cousin Jen won the battle," says Katie, "so it remains a mystery to me, although I think it's just food coloring."

### **GRAM'S CLAM DIP**



Hands-on: 7 min. Total: 7 min. Katie's lower-fat version uses reduced-

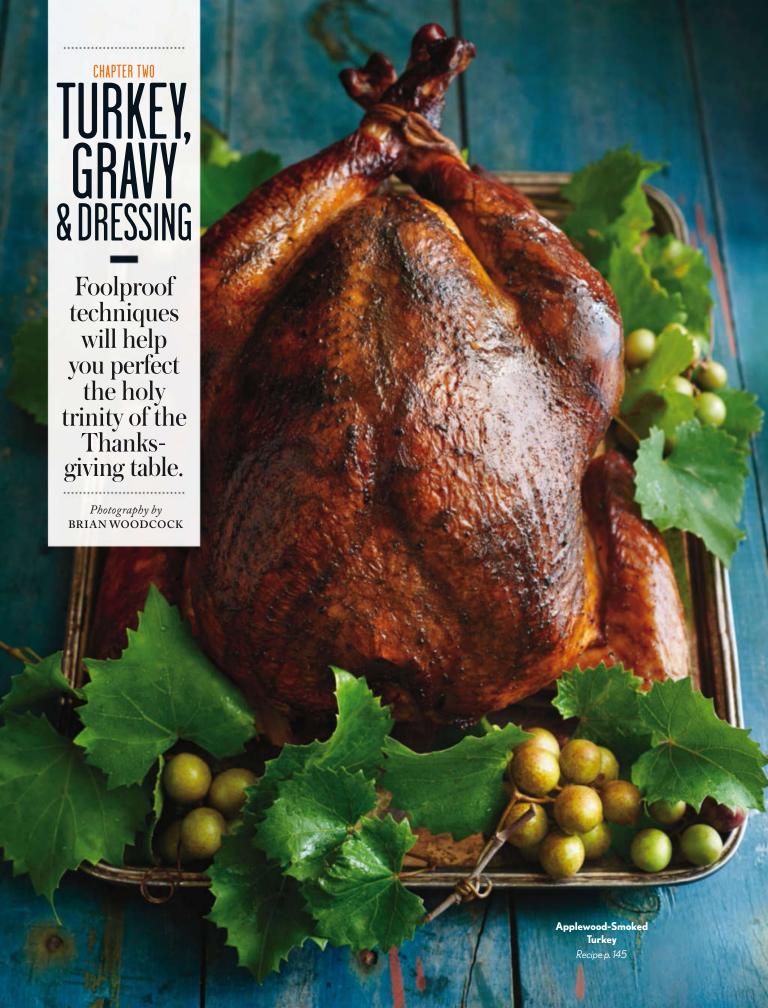
fat Greek yogurt and cream cheese for a creamy result that does this heirloom dish justice.

- 1/2 cup 2% reduced-fat Greek yogurt
- 1/4 cup clam juice
- 2 tablespoons lemon juice
- 1 (8-ounce) package 1/3-less-fat cream cheese, softened
- 1/4 cup chopped chives
- ½ teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 3 (6.5-ounce) cans chopped clams, drained
- 2 fennel bulbs, trimmed and cut into <sup>1</sup>/<sub>4</sub>-inchthick wedges
- 8 ounces mini bell peppers, quartered lengthwise
- 1. Place first 4 ingredients in a medium bowl; beat with a mixer at medium speed until smooth. Stir in chives, black pepper, salt, and clams. Serve with fennel and bell peppers.

**SERVES 18** (serving size: about 2 tablespoons dip and <sup>1</sup>/<sub>3</sub> cup vegetables)

CALORIES 92; FAT 34g (sat 2g, mono 0g, poly 0.1g), PROTEIN 9g; CARB 6g; FIBER 1g; CHOL 25mg; IRON 1mg; SODIUM 134mg; CALC 48mg









# From the Kitchen of... KEITH SCHROEDER COOKING LIGHT COLUMNIST AND COOKBOOK AUTHOR

"When I'm short on time or I'm serving just a few people, I'll roast smaller birds like Cornish hens."

### SAGE AND GARLIC— Rubbed Cornish Hens

Hands-on: 15 min. Total: 55 min.

Because Keith splits and roasts the hens spread out flat (called spatchcocking; see page 18 for more information), the Thanksgiving main course is ready in less than an hour.

- 6 garlic cloves
- 1 tablespoon sugar
- 1 teaspoon kosher salt
- 12 fresh sage leaves, finely chopped
- 1 tablespoon grated lemon rind
- 2 tablespoons olive oil
- 2 Cornish hens (about 2<sup>2</sup>/<sub>3</sub> pounds total), butterflied and backbone removed
- 2 lemons, halved and seeded
- 1. Preheat oven to 425°. Place a wire rack in a roasting pan or on a heavy-duty baking sheet.
- 2. Smash garlic cloves with the back of your knife; then, with the flat side of your knife, press them to grind to a fine paste with the sugar and salt against the cutting board.
- 3. Combine garlic mixture,

- chopped sage, rind, and oil in a small bowl.
- **4.** Pat hens dry with paper towels. Rub garlic mixture under skins.
- **5.** Place hens on rack; roast at 425° for 30 minutes or until a thermometer inserted into thickest part of thigh registers 160°.
- **6.** Remove hens; let stand 5 minutes. Remove and discard skin. Split hens along breast plate. Serve with lemons.

**SERVES 4** (serving size: ½ hen [5 ounces meat])

CALORIES 244; FAT 11.5g (sat 2.1g, mono 6.4g, poly 1.9g); PROTEIN 28g; CARB 6g; FIBER 0g; CHOL 127mg; IRON 1mg; SODIUM 556mg; CALC 33mg



From the Kitchen of...

DAVID BONOM

LONGTIME COOKING LIGHT
CONTRIBUTOR

"For one of my birthdays, all of my friends chipped in and gave me the smoker of my dreams, knowing that they would benefit from it. Ever since then, my suburban New Jersey neighbors have gotten to enjoy the smells of my Thanksgiving turkey as it smokes in the backyard."

### APPLEWOOD-Smoked turkey



Hands-on: 50 min. Total: 5 hr. Applewood chips lend a slightly sweet and

fruity flavor to the meat. You can also try smoking the turkey with cherry or alder wood chips for more delicate smoked flavor.

- 4 cups applewood chips
- 1 (12-pound) fresh or frozen turkey, thawed
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon chopped fresh sage
- $2^{1/2}$  teaspoons kosher salt
  - 2 teaspoons freshly ground black pepper
- 1½ teaspoons paprika
  - 1 teaspoon chopped fresh thyme
  - 1 teaspoon chopped fresh oregano
  - 1 teaspoon garlic powder
  - 1 cup water
- $\frac{1}{2}$  cup chopped onion
- ½ cup chopped carrot
- $\frac{1}{2}$  cup chopped celery
- **1.** Soak wood chips in water 1 hour; drain well.
- 2. Remove neck and giblets from turkey; reserve for another use. Discard liver. Pat turkey dry. Trim excess fat. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Lift wing tips up and over back; tuck under turkey.
- **3.** Combine oil and next 7 ingredients (through garlic powder) in a small bowl. Rub oil mixture under loosened skin and over breasts and drumsticks. Tie legs together with kitchen string. Place 1 cup water, onion, carrot, and celery in the bottom of a large disposable aluminum foil roasting pan. Place roasting rack in pan. Arrange turkey, breast side up, on roasting rack. Let stand at room temperature 1 hour.

**4.** To prepare turkey for indirect grilling, remove grill rack. Preheat grill to medium-high heat using both burners. After preheating, turn the left burner off (leave the right burner on). Place 2 cups wood chips on heat element on right side. Replace grill rack; place roasting pan with turkey on grill rack over left burner. Cover and grill 2 hours and 45 minutes or until a thermometer inserted into thickest part of thigh registers 165°, turning halfway through cooking time (maintain a grill temperature of about 300° to 350°). Add remaining 2 cups wood chips halfway through cooking time. Place turkey on a cutting board. Let stand 30 to 60 minutes. Discard turkev skin.

SERVES 12 (serving size: about 4 ounces)
CALORIES 294; FAT 7.9g (sat 2g, mono 3.4g, poly 1.7g); PROTEIN 51g; CARB 2g; FIBER 1g; CHOL 167mg; IRON 4mg; SODIUM 522mg; CALC 43mg

### CHECK TEMPERATURE

Whether roasting in the oven or smoking, the best way to monitor the turkey is with a leave-in thermometer. You won't have to open the door or lid to check, and no precious smoke or heat will escape.



From the Kitchen of...
HUNTER LEWIS
COOKING LIGHT EDITOR

"On the front end, I infuse flavor by rubbing a cut-up turkey and curing it overnight. A deconstructed bird doesn't need as long to roast as a whole bird. That gets me valuable oven time for casseroles and ensures the white and dark meat, which all cook at different rates, is roasted to perfection."

### BROWN SUGAR—CURED Turkey with apple-Bourbon gravy

Hands-on: 35 min. Total: 10 hr. 30 min.

- ½ cup brown sugar
- 4 teaspoons kosher salt
- 2 teaspoons ground fennel seeds
- 2 teaspoons ground cumin
- 2 teaspoons paprika
- ½ teaspoon ground red pepper
- 1 (12-pound) turkey, cut into 8 pieces (drumsticks, thighs, etc.), back and neck reserved
- 1/4 cup plus 1 tablespoon olive oil, divided
- 2 tablespoons thyme
- 6 unpeeled shallots
- 3 celery stalks, cut into (3-inch) pieces
- Granny Smith apples, peeled and quartered
- 3/4 cup bourbon
- 2 cups unsalted chicken stock
- 1 tablespoon flour
- 1 tablespoon butter

- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon cider vinegar
- 3/8 teaspoon freshly ground black pepper
- 1. Combine first 6 ingredients in a bowl. Rub turkey evenly with brown sugar mixture. Place on a rack set in a roasting or baking pan, and refrigerate overnight.
- **2.** Preheat oven to 375°. Set racks at even intervals in oven.
- **3.** Combine 2 tablespoons olive oil, thyme, shallots, celery, and apples in a large roasting pan. Arrange drumsticks and thighs (skin side up) over apples. Place breasts and wings (skin side up) on a rack set in a jelly-roll pan. Place roasting pan on bottom rack of oven and jelly-roll pan on top rack. Roast at 375° for 30 minutes. Rotate pans; brush turkey with 1 tablespoon oil. Roast an additional 30 minutes or until a thermometer inserted into thigh registers 160°. Remove turkey-apple mixture from oven. Baste breasts and wings with 1 tablespoon oil. Roast 20 minutes or until a thermometer registers 155°. Remove from oven. Cover loosely with foil.
- 4. Chop turkey neck and back bones. Heat remaining 1 tablespoon oil in a large Dutch oven over medium-high heat. Add bones; cook 8 minutes, turning to brown evenly. Add bourbon; cook 5 minutes or until liquid is

reduced by half. Add stock and flour; cook 10 minutes or until liquid is reduced to 1 cup. Strain liquid through a fine-mesh strainer; discard solids.

- 5. Peel roasted shallots; discard papery skins. Place half of 1 apple, 1½ celery stalks, 3 shallots, and bourbon mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Process until smooth. Blend in butter, parsley, vinegar, and pepper. (Serve the remaining roasted vegetables with the turkey, or discard.) 6. Carve turkey; discard skin. Serve with gravy.
- SERVES 16 (serving size: 4 ounces turkey and 2 tablespoons sauce)

CALORIES 318; FAT 14.6g (sat 3.3g, mono 8.4g, poly 2g); PROTEIN 5g; CARB 20g; FIBER 1g; CHOL 55mg; IRON 1mg; SODIUM 343mg; CALC 53mg

### **REHEAT IT**

Don't rewarm turkey in the microwave—that almost guarantees overcooked, tough meat. Instead, place a few slices in a pan with a little chicken stock to moisten. Slowly heat, covered, over medium-low heat.

# DECONSTRUCT THE BIRD FOR EVEN ROASTING



**GIVE ROOM TO BREATHE** 

Set turkey pieces coated with rub on a wire rack on a baking pan. Lifting them off the tray lets air circulate to keep skin dry.

\*\*\*\*\*\*



**USE NATURE'S RACK** 

Roasting dark-meat turkey pieces on a bed of vegetables, fruit, and herbs adds deep flavor to the produce and the gravy.

......



**GO EASY ON BASTING** 

Lightly brushing the skin with oil toward the end of cooking, rather than continually basting, will ensure crispy skin.

# From the Kitchen of... BLAKFSLFF GILFS

FOOD STYLING ASSISTANT

"I have fond memories of Thanksgiving in Richland, Georgia, with my grandmother. Her dressing was to die for."

# SAUSAGE AND CHESTNUT DRESSING

Hands-on: 25 min. Total: 60 min.

We kept all the love Blakeslee's grandmother poured into her dressing and added chestnuts for texture and earthy flavor. You can find whole roasted chestnuts in the baking aisle. Turn to page 248 for four ways to use leftover celery.

- 12 ounces French bread loaf, cut into 1-inch cubes
- 2 tablespoons canola oil
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green bell pepper
- 8 ounces turkey breakfast sausage links (such as Jennie-O), casings removed
- 1 cup whole roasted chestnuts, quartered
- 2 cups unsalted chicken stock (such as Swanson)
- 1/3 cup chopped fresh flat-leaf parsley, divided
- 2 tablespoons fresh thyme leaves
- 3/4 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 2 large eggs

Cooking spray

- 1. Preheat oven to 350°.
- 2. Arrange bread in a single layer on a large jelly-roll pan. Bake at 350° for 15 minutes or until crisp and toasted. Remove pan from oven; cool bread cubes.
- 3. Increase oven temperature to 375°.
- 4. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion, celery, and bell pepper; sauté 5 minutes. Add sausage; cook 5 minutes or until sausage is done, stirring to crumble. Stir in chestnuts. Remove pan from heat; cool slightly.

  5. Combine stock, ¼ cup parsley, thyme, pepper, salt,

and eggs in a large bowl,

stirring with a whisk. Add

bread to stock mixture; toss to combine. Let stand 5 minutes or until bread absorbs most of liquid, stirring occasionally. Stir in sausage mixture. Spoon dressing into a 2-quart glass or ceramic baking dish coated with cooking spray. Bake at 375° for 35 minutes or until top is lightly browned. Remove pan from oven; sprinkle with remaining 1 tablespoon parsley.

SERVES 12 (serving size: about <sup>2</sup>/<sub>3</sub> cup)
CALORIES 212; FAT 7.9g (sat 1.7g, mono
2g, poly 1.2g); PROTEIN 9g; CARB 26g;
FIBER 1g; CHOL 46mg; IRON 2mg;
SODIUM 353mg; CALC 46mg





# From the Kitchen of... ANN TAYLOR PITTMAN EXECUTIVE FOOD EDITOR

"Corn bread dressing is something my Mississippiborn soul craves because it's just so good, and it's what I grew up with."

### CLASSIC CORN Bread Dressing

Hands-on: 20 min. Total: 1 hr. 20 min.

This is the quintessential
Thanksgiving side dish in the
South. It is made from crumbled
corn bread, with no added
French or sourdough bread to
cut it, so the texture is unique.
Loads of aromatics give this
dressing its flavor; don't be
tempted to use less.

- 3 tablespoons canola oil
- 2 cups chopped white onion
- $1\frac{1}{2}$  cups diced celery
  - 2 tablespoons finely chopped fresh thyme
  - 2 tablespoons finely chopped fresh sage
  - 1 teaspoon freshly ground black pepper
- ½ teaspoon kosher salt
- 1 pan Whole-Grain Corn Bread (recipe on page 179), cooled
- 2½ cups unsalted chicken stock
  - 1/4 cup chopped fresh flat-leaf parsley
  - 2 large eggs, lightly beaten

### Cooking spray

- **1.** Preheat oven to 375°.
- **2.** Heat a large nonstick skillet over medium heat.

Add oil; swirl to coat. Add onion and celery; cook 10 minutes or until tender, stirring occasionally. Add thyme, sage, pepper, and salt; cook 1 minute, stirring frequently. Remove from heat; cool slightly.

3. Crumble Whole-Grain Corn Bread into a large bowl. Add onion mixture. stock, parsley, and eggs; stir well to combine. Spoon mixture into a 2-quart shallow glass or ceramic baking dish coated with cooking spray. Bake at 375° for 50 minutes or until lightly browned (cover with foil in the last 15 minutes of bake time if top is getting too brown). Let dressing stand 10 minutes before serving.

SERVES 15 (serving size: about <sup>1</sup>/<sub>2</sub> cup)
CALORIES 199; FAT 10.8g (sat 2.4g, mono 5.4g, poly 2.4g); PROTEIN 6g; CARB
20g; FIBER 3g; CHOL 56mg; IRON 1mg;
SODIUM 345mg; CALC 74mg

### From the Kitchen of...

### DIANE MORGAN COOKING LIGHT CONTRIBUTOR

"I always make stock well before Thanksgiving in the slow cooker, and then freeze it. This way the gravy is never lacking deep turkey flavor."

### MAKE-AHEAD Turkey gravy

Hands-on: 20 min. Total: 12 hr.

The key to flavorful gravy is a good turkey stock. In November, it's easy to find turkey wings, which make an especially rich stock. Try this classic gravy or one of the variations at right. All can be made ahead, cooled, and frozen up to two months. Thaw; then reheat over medium-low, stirring with a whisk.

- 3 pounds turkey wings, each cut into 2 pieces
- 2 tablespoons olive oil
- 2 teaspoons whole black peppercorns
- 2 large carrots, cut into 2-inch pieces
- 2 large celery stalks, cut into 2-inch pieces
- 1 small yellow onion, quartered
- 10 cups unsalted chicken stock
- 5 parsley sprigs
- 3 thyme sprigs
- 2 bay leaves
- ½ cup all-purpose flour
- 1/3 cup water
- $\frac{1}{2}$  teaspoon kosher salt
- 2 teaspoons freshly ground black pepper
- 1. Preheat oven to 425°.
- 2. Combine first 6 ingredients in a large roasting pan. Bake at 425° for 1 hour or until wings are browned. Transfer contents of pan to a large Dutch oven. Add stock, parsley, thyme, and bay leaves to pan; bring to a boil. Cover, reduce heat, and simmer 2½ hours. Strain mixture over a large bowl; discard solids. Cover bowl, and refrigerate at least 8 hours. Discard fat layer on top of stock. **3.** Combine flour and  $\frac{1}{3}$
- cup water in a small bowl, stirring with a whisk until smooth. Bring stock to a boil in Dutch oven. Add flour mixture, salt, and pepper; return to a boil, and simmer 5 minutes.

SERVES 32 (serving size: about ½ cup)
CALORIES 13; FAT 0.3g (sat 0.1g, mono
0.1g, poly 0.1g); PROTEIN 1g; CARB 2g;
FIBER 0g; CHOL 1mg; IRON 0mg;
SODIUM 34mg; CALC 4mg



### **MUSHROOM GRAVY**

Heat a large skillet over medium heat. Add 1 tablespoon butter; swirl to coat. Add 2 tablespoons minced shallots; sauté 1 minute. Add 4 ounces finely chopped cremini mushrooms; sauté 4 minutes or until liquid evaporates. Add 3 cups Make-Ahead Turkey Gravy. Bring to a simmer; cook 5 minutes.

SERVES 12 (serving size: about <sup>1</sup>/<sub>4</sub> cup)
CALORIES 24; FAT 1.3g (sat 0.7g, mono
0.4g, poly 0.1g); PROTEIN 1g; CARB
2g; FIBER 0g; CHOL 4mg; IRON 0mg;
SODIUM 35mg; CALC 5mg



### **GIBLET GRAVY**

Finely chop meat from 1 roasted turkey neck or 1 turkey wing. Heat a large skillet over medium heat. Add 3 cups Make-Ahead Turkey Gravy and turkey meat to pan; bring to a boil. Simmer gravy for 5 minutes.

SERVES 12 (serving size: about 1/4 cup)
CALORIES 22; FAT 0.7g (sat 0.2g, mono 0.3g, poly 0.1g); PROTEIN 2g; CARB 2g; FIBER 0g; CHOL 18mg; IRON 0mg; SODIUM 40mg; CALC 4mg



### **WINE AND HERB GRAVY**

Heat a large skillet over medium heat. Add 2 teaspoons butter; swirl to coat. Add 2 teaspoons chopped fresh thyme and 1 teaspoon minced garlic; sauté 30 seconds. Add ½ cup dry white wine; bring to a boil, and cook until wine nearly evaporates. Add 3 cups Make-Ahead Turkey Gravy to pan; bring to a boil. Cook 5 minutes. Add 2 tablespoons chopped fresh flat-leaf parsley.

SERVES 12 (serving size: about ½ cup)
CALORIES 27; FAT 1g (sat 0.5g, mono
0.3g, poly 0.1g); PROTEIN 1g; CARB
2g; FIBER 0g; CHOL 3mg; IRON 0mg;
SODIUM 35mg; CALC 6mg

### From the Kitchen of... HUNTER LEWIS COOKING LIGHT EDITOR

"Everyone stakes out their favorite piece: the crispy edges or the creamy centers of my wife's great-grandmother's coveted dressing."

### **SOUTHERN CORN BREAD DRESSING SOUARES**

Hands-on: 7 min. Total: 65 min.

The original recipe is made with two sticks of butter, but we lightened it by saving most of the butter for the crispy top. Look for stuffing mixes free of additives, unhealthy fats, and sugar, such as Arrowhead Mills, Trader Joe's, or Whole Foods 365.

- 3½ tablespoons melted butter, divided
  - 3 cups corn bread dressing mix or crumbled corn bread
- 2½ cups unsalted chicken stock
- $1\frac{1}{2}$  cups to a sted and crumbled day-old bread
  - 1 cup herb stuffing cubes
  - 1 cup finely chopped vellow onion
- 4½ tablespoons olive oil
  - ½ cup finely chopped celery
- $1\frac{1}{2}$  teaspoons poultry seasoning
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt
- 2 large eggs
- 1 large egg yolk

Cooking spray



1. Preheat oven to 425°.

**2.** Combine  $2^{1/2}$  tablespoons butter and next 12 ingredients (through yolk) in a large bowl, stirring to combine. (Mixture will be the consistency of cake

batter or thick soup.) 3. Transfer stuffing mixture to a 13 x 9-inch baking dish coated with cooking spray. Bake at 425° for 30 minutes; brush with remaining 1 tablespoon

butter. Bake an additional 15 minutes or until top and edges are browned. SERVES 12 (serving size: 1/2 cup) CALORIES 196; FAT 10.8g (sat 3.4g, mono 5.1g, poly 0.9g); **PROTEIN** 5g; **CARB** 

20g; FIBER 1g; CHOL 55mg; IRON 1mg; SODIUM 343mg; CALC 53mg



From the Kitchen of...

## KHALIL HYMORE COOKING LIGHT CONTRIBUTOR

Khalil likes to give his bird a pretty finishing sheen by brushing on savory-sweet marmalade glaze.

### **ROSEMARY-ORANGE ROAST TURKEY**

Hands-on: 45 min. Total: 11 hr. 15 min. If you don't like the slightly bitter flavor of marmalade, you can substitute currant jelly for tart, bright flavor.

### Turkey:

- 1 (12-pound) fresh or frozen turkey, thawed
- 3 tablespoons finely chopped fresh rosemary
- 3 tablespoons grated orange rind
- 1 tablespoon kosher salt

2 teaspoons freshly ground black pepper

### Glaze:

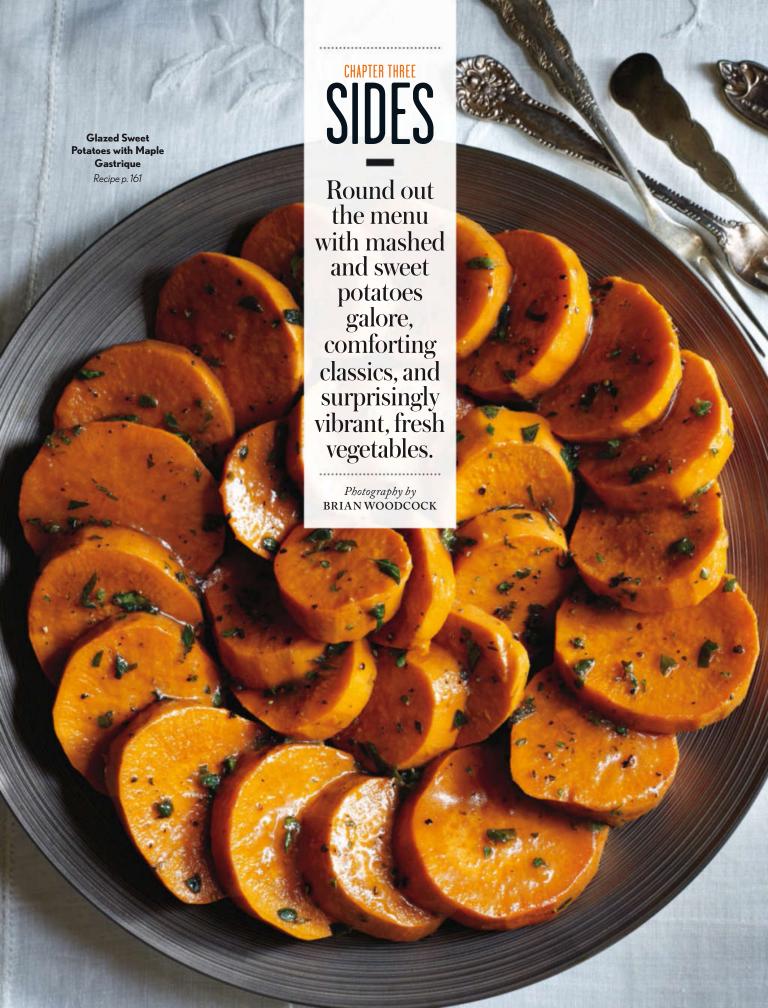
- 1/4 cup orange marmalade
- 1/4 cup fresh orange juice
  - teaspoon finely chopped fresh rosemary
- 1 tablespoon cider vinegar
- 1 tablespoon unsalted butter
- 1/4 teaspoon freshly ground black pepper

### Remaining ingredient:

- 2 cups water
- 1. To prepare turkey, remove giblets and neck; reserve for another use. Place turkey on a broiler rack on a broiler pan. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat. Combine 3 tablespoons
- rosemary, rind, salt, and 2 teaspoons pepper in a small bowl. Rub rosemary mixture under loosened skin. Tie ends of legs with kitchen string. Lift wing tips up and over back; tuck under turkey. Loosely cover, and refrigerate 8 hours or up to 12 hours.
- 2. To prepare glaze, combine marmalade, juice, 1 teaspoon rosemary, vinegar, butter, and 1/4 teaspoon pepper in a small saucepan; bring to a boil. Reduce heat; simmer 4 minutes or until slightly thickened. Set aside \(^{1}\)4 cup.
- 3. Preheat oven to 425°.
- **4.** Remove turkey from refrigerator, and pat dry with a paper towel; let stand at room temperature 1 hour. Bake at 425° for 30 minutes or just until

- beginning to brown. Rotate turkey; add 2 cups water to bottom of pan.
- 5. Reduce oven temperature to 375°. Cook turkey an additional 60 minutes. Remove turkey from oven; baste with reserved \(^{1}\sqrt{4}\) cup orange mixture. Bake an additional 15 minutes or until thermometer inserted into thickest part of thigh registers 165°. Remove turkey from oven. Cover loosely with foil; let stand 30 to 60 minutes. Carve turkey; drizzle with remaining \(^1\frac{1}{4}\) cup orange marmalade mixture.

SERVES 12 (serving size: about 6 ounces) CALORIES 288; FAT 5.5g (sat 2.1g, mono 1.2g, poly 1.4g); **PROTEIN** 50g; **CARB** 6g; FIBER 1g; CHOL 169mg; IRON 3mg; SODIUM 598mg; CALC 47mg











# From the Kitchen of... REBECCA LONGSHORE

ASSISTANT DIGITAL EDITOR

"I love how my Grandmother Howard's mac and cheese has a crunchy, cheesy crust over a creamy center."

### **BAKED MAC AND CHEESE**

Hands-on: 20 min. Total: 50 min.

The key to Rebecca's grandmother's dish was evaporated milk. We added a surprise ingredient, canola mayonnaise, to make things extra creamy.

- 10 ounces uncooked large elbow macaroni
- ½ cup canola mayonnaise
- 1 tablespoon all-purpose flour
- 1 teaspoon dry mustard
- 1 teaspoon garlic powder
- 3/4 teaspoon kosher salt
- 3/4 teaspoon black pepper
- ½ teaspoon paprika
- 1 large egg
- 1 (12-ounce) can 2% evaporated milk
- 6 ounces colby-Jack cheese, shredded (about 1<sup>1</sup>/<sub>2</sub> cups)

Cooking spray

- 1½ tablespoons canola oil
  - 1 tablespoon melted butter
- <sup>2</sup>/<sub>3</sub> cup panko breadcrumbs
- 1 tablespoon minced fresh parsley
- 1. Preheat oven to 350°.
- **2.** Cook pasta according to package directions. Drain.
- **3.** Combine mayo and next 7 ingredients (through egg) in a large bowl; stir with a whisk. Gradually whisk in milk. Stir in cheese and pasta. Spoon into an 11 x 7–inch baking dish coated with cooking spray.
- **4.** Combine oil and butter in a medium bowl. Add

panko and parsley; toss. Sprinkle over pasta mixture. Bake at 350° for 30 minutes or until lightly browned.

SERVES 12 (serving size: about <sup>2</sup>/<sub>3</sub> cup)
CALORIES 241; FAT 11.3g (sat 3.5g, mono 31g, poly 1.7g); PROTEIN 10g; CARB 24g; FIBER 1g; CHOL 37mg; IRON 1mg; SODIUM 332mg; CALC 179mg

From the Kitchen of...

KIMBERLY HOLLAND ASSOCIATE DIGITAL EDITOR

In Scottsboro, Alabama, Kimberly's grandfather is the cheesy potato casserole chef.

# CHEESY POTATO CASSEROLE

Hands-on: 25 min. Total: 60 min.

Rather than using sodium-loaded canned soup, we made our own creamy sauce to update this dish.

- 2½ tablespoons canola oil, divided
  - 1 cup diced onion
  - 1 cup diced red bell pepper
  - 1 (32-ounce) bag frozen Southern-style hash brown potatoes
- ½ teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1<sup>2</sup>/<sub>3</sub> cups 1% low-fat milk
  - 2 tablespoons all-purpose flour
- 2/3 cup plain fat-free Greek yogurt
- 4 ounces 2% reduced-fat extra-sharp cheddar cheese, finely shredded (about 1 cup)

Cooking spray

- 3 cups cornflakes
- 1½ tablespoons melted butter
- 1. Preheat oven to 350°.
- **2.** Heat a large skillet over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add onion and bell pepper; sauté 5 minutes.

Add potatoes; cover, reduce heat to medium, and cook 8 minutes or until potatoes begin to brown, stirring occasionally. Stir in salt and black pepper.

- 3. Combine milk and flour, stirring with a whisk. Add milk mixture to pan; cook 3 minutes or until thick and bubbly, stirring frequently. Remove pan from heat. Stir in yogurt and cheese. Spoon mixture into an 11 x 7—inch baking dish coated with cooking spray.
- **4.** Place cornflakes in a medium bowl; drizzle with butter and remaining 1½ tablespoons oil, and toss to coat. Sprinkle cornflakes over potato mixture. Bake at 350° for 35 minutes or until bubbly around the edges and topping is crisp.

SERVES 10 (serving size: <sup>3</sup>/<sub>4</sub> cup)
CALORIES 237; FAT 8.2g (sat 3.3g, mono 2.8g, poly 1.1g); PROTEIN 9g; CARB 32g; FIBER 3g; CHOL 15mg; IRON 3mg; SODIUM 350mg; CALC 148mg

From the Kitchen of...

HAZEL EDDINS
PRODUCTION EDITOR

Hazel and her daughter prefer a marshmallow-free sweet potato casserole that Hazel has made since she was a teenager.

# SWEET POTATO CASSEROLE



Hands-on: 20 min.
Total: 69 min.
Our modern twist
on the classic sweet

potato casserole is a fragrant vanilla bean streusel.

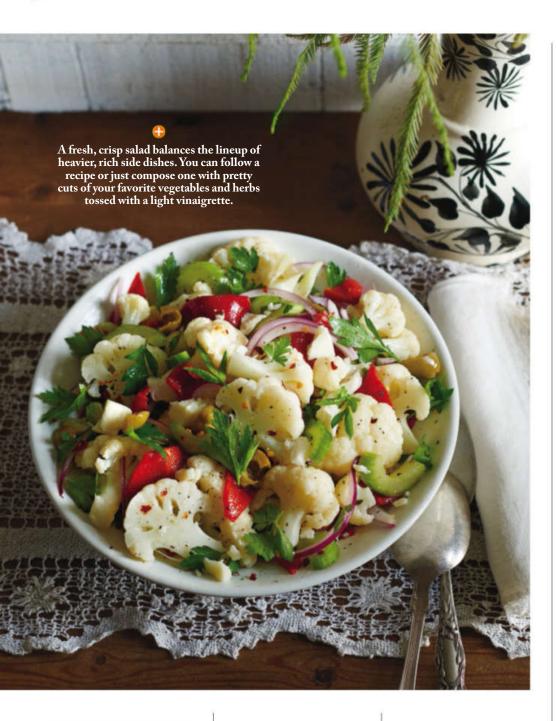
- 3 pounds sweet potatoes, peeled and cubed
- 3 tablespoons canola oil
- 2 tablespoons butter
- $\frac{1}{2}$  vanilla bean

- 6 tablespoons packed brown sugar, divided
- 1½ teaspoons kosher salt, divided
  - 1 teaspoon cinnamon
  - 1 (5-ounce) can evaporated milk

Cooking spray

- 1 cup old-fashioned oats
- 2/3 cup coarsely chopped pecans, toasted
- 1½ tablespoons all-purpose flour
- 1. Place potatoes in a Dutch oven; cover with cold water to 2 inches above potatoes. Bring to a boil; reduce heat, and simmer 15 minutes or until very tender. Drain; place in a large bowl.
- 2. Heat oil and butter in a medium skillet over medium heat until butter melts. Split vanilla bean lengthwise; scrape out seeds. Add seeds and vanilla bean pod to oil mixture; cook 30 seconds. Remove pan from heat; let stand 10 minutes. Remove pod; discard.
- **3.** Preheat oven to 375°.
- 4. Add 2 tablespoons sugar, 1 teaspoon salt, cinnamon, and milk to potatoes. Beat with a mixer at medium speed until smooth. Spoon potato mixture into an 11 x 7-inch baking dish coated with cooking spray. 5. Add oats, pecans, flour, remaining ¼ cup sugar, and remaining <sup>1</sup>/<sub>4</sub> teaspoon salt to butter mixture; toss. Sprinkle over potato mixture. Bake at 375° for 35 minutes or until bubbly around the edges.

SERVES 12 (serving size: about <sup>2</sup>/s cup)
CALORIES 229; FAT 11.4g (sat 2.5g, mono 5.6g, poly 2.6g); PROTEIN 4g; CARB 30g; FIBER 4g; CHOL 9mg; IRON 1mg; SODIUM 255mg; CALC 68mg



# From the Kitchen of... DOMENICA MARCHETTI COOKING LIGHT CONTRIBUTOR

For Domenica, it isn't Thanksgiving without her

mother's cauliflower with cured olives and capers. She updated the dish for a vibrant side salad.

### **CAULIFLOWER SALAD**

Hands-on: 15 min. Total: 45 min.

Make this salad a day ahead if you want the flavors to absorb into the cauliflower a little more. Just hold off on adding the cheese until right before serving.

- 1½ pounds cauliflower, trimmed and cut into florets
- 3/4 cup chopped bottled roasted red bell peppers (about 4 ounces)
- 1/2 cup thinly sliced red onion
- 1/2 cup coarsely chopped fresh flat-leaf parsley

- 1/2 cup coarsely chopped green olives (about 2 ounces)
- 1/4 teaspoon crushed red pepper
- 1 large celery rib, sliced crosswise
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon white wine vinegar
- ½ teaspoon black pepper
- 1/8 teaspoon sea salt
- 1.5 ounces provolone piccante, cut into small pieces

### Celery leaves (optional)

- 1. Set a steamer basket in a large saucepan; fill pan with water up to but not touching the bottom of basket. Bring water to a boil over high heat. Add the cauliflower florets; cover and steam 5 minutes or just until tender.
- 2. Transfer cauliflower to a large bowl. Add bell peppers, red onion, parsley, chopped olives, crushed red pepper, and celery; toss gently to combine.
- **3.** Combine oil, juice, vinegar, black pepper, and salt, stirring with a whisk. Pour dressing over vegetables; toss gently. Sprinkle with cheese; toss gently to combine.
- 4. Cover and let stand at room temperature 30 minutes to 1 hour. (To serve chilled, refrigerate up to 4 hours.) Sprinkle with celery leaves, if desired.

SERVES 10 (serving size: about 1 cup)
CALORIES 62; FAT 51g (sat 1.3g, mono 2.6g, poly 0.4g); PROTEIN 2g; CARB 3g; FIBER 1g; CHOL 5mg; IRON 0mg; SODIUM 211mg; CALC 47mg



From the Kitchen of...

HUGH ACHESON

LONGTIME
COOKING LIGHT FRIEND

"This dish is an example of the synergy of my Northern and Southern roots. My Canadian veins are partially full of maple syrup, and I adore the Southern staple crop of the sweet potato."

### GLAZED SWEET POTATOES WITH MAPLE GASTRIOUE

Hands-on: 12 min. Total: 60 min.

The gastrique, a tangy-sweet glaze, is Thanksgiving worthy but also simple enough to pull off on a weekday.

- 2 pounds sweet potatoes, peeled and cut into /3-inch rounds
- 2½ teaspoons kosher salt, divided
  - 6 tablespoons maple syrup
  - 6 tablespoons white balsamic vinegar
- 2½ tablespoons butter
- 3/8 teaspoon black pepper Cooking spray
  - tablespoon chopped fresh marjoram leaves
- 1. Preheat oven to 400°.
- 2. Place sweet potatoes and 2 teaspoons salt in a large saucepan; cover with water to 2 inches above potatoes. Bring to a boil; reduce heat, and simmer 10 minutes. Drain potatoes.
- **3.** Combine syrup and vinegar in a small saucepan over medium-high heat.

Bring to a boil; simmer 4 minutes or until slightly thickened and syrupy. Remove from heat; whisk in butter and pepper.

**4.** Coat an 11 x 7–inch baking dish with cooking spray. Arrange potatoes in a shingle pattern in dish. Top with syrup mixture; sprinkle with ½ teaspoon salt and marjoram. Bake at 400° for 4 minutes or until potatoes are very tender. Remove from oven. Spoon sauce over potatoes; sprinkle with remaining ½ teaspoon salt.

SERVES 6 (serving size: about <sup>2</sup>/<sub>3</sub> cup)
CALORIES 231; FAT 4.9g (sat 3.1g, mono
1.3g, poly 0.2g); PROTEIN 2g; CARB
46g; FIBER 5g; CHOL 13mg; IRON 1mg;
SODIUM 315mg; CALC 71mg

Recipe adapted from The Broad Fork by Hugh Acheson. Published by Clarkson Potter/Publishers.



From the Kitchen of...

ANN TAYLOR PITTMAN

EXECUTIVE FOOD EDITOR

"This pilaf was always on the Taylor Thanksgiving table. I would joke that it was my Korean mom's way of sneaking some form of rice into the meal. What she served came from a box, though, and was crazy high in sodium."

### SUPERSAVORY WILD RICE PILAF

Hands-on: 30 min. Total: 1 hr. 40 min.

- 3 tablespoons butter
- 3 cups finely chopped onion
- 6 garlic cloves, minced

- $1\frac{1}{2}$  cups uncooked wild rice
  - 1 cup uncooked longgrain brown rice
- 1<sup>1</sup>/<sub>2</sub> tablespoons chopped fresh thyme
  - 4 cups unsalted chicken stock (such as Swanson)
- 1<sup>1</sup>/<sub>4</sub> teaspoons kosher salt
  - 1 teaspoon black pepper
  - 2 bay leaves
- 1/2 cup chopped fresh flat-leaf parsley
- 1. Melt butter in a large Dutch oven over mediumlow heat. Add onion; cook 8 minutes. Add garlic; cook 4 minutes, stirring occasionally. Increase heat to medium-high. Add rices and thyme; cook 1 minute, stirring frequently. Stir in stock, salt, pepper, and bay leaves; bring to a boil. Reduce heat to low, cover, and simmer 1 hour or until rice is tender (do not stir). Remove pan from heat; let stand 10 minutes. Remove bay leaves; discard. Fluff rice mixture with a fork. Gently stir in parsley.

SERVES 10 (serving size: about <sup>2</sup>/3 cup) CALORIES 219; FAT 4.4g (sat 2.4g, mono 1.2g, poly 0.5g); PROTEIN 8g; CARB 38g; FIBER 3g; CHOL 9mg; IRON 1mg; SODIUM 329mg; CALC 39mg



From the Kitchen of...

IVY MANNING

LONGTIME CONTRIBUTOR

"This side dish is positively Pacific Northwest, my stomping grounds. Oregon produces both cranberries and hazelnuts, which I source from local vendors."

# GREEN BEANS WITH DRIED CRANBERRIES AND HAZELNUTS

Hands-on: 25 min. Total: 30 min.

Blanch the beans ahead, and store in the refrigerator to eliminate a task from the Thanksgiving Day prep list.

- <sup>2</sup>/<sub>3</sub> cup hazelnuts
- 12 cups water
- 1½ pounds green beans, trimmed
  - 3 tablespoons hazelnut oil
- 1/3 cup thinly sliced shallots
- <sup>2</sup>/<sub>3</sub> cup dried cranberries
- $\frac{1}{2}$  teaspoon salt
- 1/2 teaspoon black pepper
- 1. Preheat oven to 350°.
- 2. Spread hazelnuts in a single layer on a baking sheet. Bake at 350° for 15 minutes or until the skins begin to split, turning once.
- **3.** Transfer toasted nuts to a colander or dish, and rub briskly with a towel to remove the skins. Coarsely chop nuts.
- **4.** Bring 12 cups water to a boil in a large saucepan. Add beans; cook 4 minutes or until crisp-tender. Drain and plunge into ice water; drain. Pat beans dry.
- **5.** Heat a large skillet over medium heat. Add oil to pan; swirl to coat. Add shallots; cook 5 minutes or until lightly browned. Add beans; cook 3 minutes or until thoroughly heated, stirring occasionally. Add cranberries and hazelnuts; cook 1 minute. Sprinkle with salt and pepper.

SERVES 8 (serving size: ¾4 cup)
CALORIES 168; FAT 11.3g (sat 0.9g, mono 8.4g, poly 1.4g); PROTEIN 3g; CARB
17g; FIBER 4g; CHOL 0mg; IRON 1mg;
SODIUM 154mg; CALC 46mg



From the Kitchen of...
RICH LANDAU
LONGTIME
COOKING LIGHT FRIEND

Rich, chef and owner of Vedge in Philadelphia, offered us this lovely autumn salad, in which bright bursts of sweet-tart raisins accompany each bite of toasted broccoli.

### ROASTED BROCCOLI WITH PISTACHIOS AND PICKLED GOLDEN RAISINS

Hands-on: 15 min. Total: 34 min.

Some version of broccoli, usually laden with cream and cheese, lands on many a Thanksgiving table. But this dish, with its beautifully balanced flavors, is much lighter—and vegan.

- 3 pounds broccoli heads, stems trimmed to length of longest branch (about 6 medium heads)
- 3 tablespoons canola oil
- 2 teaspoons minced fresh garlic
- 2 teaspoons freshly ground black pepper
- 3/4 teaspoon kosher salt
- 3/4 cup shelled unsalted pistachios

- 1 cup white vinegar
- 3/4 cup golden raisins
- 1/2 cup thinly sliced shallots
- ½ cup water
- 2 tablespoons mustard seeds
- **1.** Preheat oven to 450°. Place 2 baking sheets in oven as it preheats.
- 2. Bring a large Dutch oven filled with water to a boil. Cut each broccoli head into quarters; cut each quarter into 3 wedges. Add broccoli to boiling water; return to a boil, and cook 2 minutes. Drain; plunge into a bowl of ice water. Drain well; pat dry. Combine broccoli, oil, garlic, pepper, and salt in a bowl; toss to coat. Arrange broccoli mixture in a single layer on prepared baking sheets. Bake at 450° for 10 minutes or until edges begin to brown. Turn broiler to high (do not remove pans from oven). Broil 5 minutes or until browned in spots, rotating pans and stirring once after 3 minutes.
- **3.** Heat a medium skillet over medium heat. Add pistachios; sauté 4 minutes or until toasted. Cool slightly; coarsely chop.
- 4. Bring vinegar and remaining ingredients to a boil in a small saucepan over medium-high heat. Cook 2 minutes; drain. Place roasted broccoli on a serving platter, and sprinkle with pistachios and raisin mixture.

SERVES 10 (serving size: about 1 cup)
CALORIES 186; FAT 9.5g (sat 0.9g, mono
4.9g, poly 2.5g); PROTEIN 6g; CARB
23g; FIBER 6g; CHOL 0mg; IRON 2mg;
SODIUM 192mg; CALC 97mg



From the Kitchen of...

DAVID BONOM

"My mom, a child of the Depression, embraced convenience foods like instant mashed potatoes, and we ate them all year—except on Thanksgiving, when she made 'real' potatoes that she never fully mashed. I still make them her way but have added ingredients like caramelized onions and olive oil."

# MOM'S SMASHED MASHED POTATOES

Hands-on: 17 min. Total: 42 min.

To keep potatoes warm until the meal is ready, place them, loosely covered, in a heatproof dish or bowl, and set them (without submerging them) in a larger pot of hot water over very low heat. They'll stay warm without scorching on the bottom.

- 1½ pounds baking potatoes, peeled and cut into 1-inch pieces
- 1½ pounds Yukon gold potatoes, peeled and cut into 1-inch pieces
  - 1 tablespoon extra-virgin olive oil
  - 2 cups chopped onion
  - teaspoon kosher salt, divided
- 1/2 teaspoon ground white pepper
- 1<sup>1</sup>/<sub>4</sub> cups 2% reduced-fat milk
- 1/4 cup unsalted butter

- 1. Place potatoes in a large saucepan; cover with water to 2 inches above potatoes. Bring to a boil; reduce heat, and simmer 15 minutes or until tender. Drain. Return potatoes to pan. Mash potatoes with a potato masher until coarsely mashed (not smooth).
- 2. Heat a medium nonstick skillet over medium heat. Add oil to pan; swirl to coat. Add onion; cook 10 minutes or until golden brown, stirring occasionally. Stir in ½ teaspoon salt and white pepper.
- 3. Heat milk and butter in a small saucepan over medium heat until butter is melted. Add onion mixture, remaining ¾ teaspoon salt, and milk mixture to mashed potatoes, stirring to combine.

SERVES 12 (serving size: <sup>2</sup>/<sub>3</sub> cup)
CALORIES 152; FAT 5.6g (sat 3g, mono 2g, poly 0.3g); PROTEIN 3g; CARB 23g; FIBER 2g; CHOL 12mg; IRON 1mg; SODIUM 187mg; CALC 51mg

### SPUD SCHOOL

Traditional mashed potato recipes call for baking potatoes, which break down to a smooth consistency. This recipe adds some Yukon golds, which are waxier and hold their shape more—providing a wonderfully rustic texture.





# From the Kitchen of... BLAKESLEE GILES

FOOD STYLING ASSISTANT

"My grandmother always served mustard pickles. Alongside turkey and her sausage dressing, they're amazing."

### OLD-FASHIONED MUSTARD PICKLES

Hands-on: 25 min. Total: 50 min. Traditionally, the vegetables are salted and left to soften. Instead, we blanched them to tenderize before pickling.

- 3 cups small cauliflower florets (about 10 ounces)
- 10 ounces fresh pearl onions, root ends removed
  - 1 cup water, divided
- 1 cup white vinegar
- 6 tablespoons sugar
- 1 tablespoon dry mustard
- 1½ teaspoons kosher salt
  - 1 teaspoon ground turmeric
- 1/2 teaspoon crushed red pepper
- 2 tablespoons all-purpose flour
- 3 cups (1/8-inch-thick) slices English cucumber
- 1. Bring a large saucepan filled with water to a boil. Add cauliflower and onions; cook 2 minutes. Drain; plunge into an ice-water bath. Drain. Remove onion peels.

  2. Add 3/4 cup water vinegar and
- 2. Add ¾ cup water, vinegar, and next 5 ingredients (through pepper) to pan; bring to a boil. Combine remaining ¼ cup water and flour in a small bowl, stirring with a whisk. Add flour mixture to vinegar mixture; cook 1 minute or until slightly thickened. Remove pan from heat. Stir in onion mixture and cucumbers. Cool to room temperature. Place in an airtight container; cover and refrigerate up to 1 week.

SERVES 16 (serving size: about <sup>1</sup>/<sub>3</sub> cup)
CALORIES 31; FAT 0.2g (sat 0g, mono 0g, poly 0g); PROTEIN 1g; CARB 7g; FIBER 1g; CHOL 0mg; IRON 0mg; SODIUM 99mg; CALC 10mg



### From the Kitchen of... KATIE BARREIRA TEST KITCHEN DIRECTOR

"Since the ladies in my family are fabulous cooks, the offerings haven't changed much over the years—and everyone is quite happy about that. When I came home from culinary school with ideas about how to shake up the menu, my assault on tradition was not met with enthusiasm. So I started small, with the cranberry sauce."

### **ROASTED CRANBERRIES** ND GRAPES VITH ROSEMARY

Hands-on: 5 min. Total: 10 min.

Black grapes have thicker skins than red grapes, and they'll hold up better under the broiler.

- 1 (12-ounce) bag fresh or frozen cranberries, thawed and patted dry
- 10 ounces seedless black grapes
- 1/4 cup maple syrup
- ½ teaspoon ground cinnamon
- 1/4 teaspoon salt
- teaspoon freshly ground black pepper
- 2 rosemary sprigs
- tablespoon extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 1. Preheat broiler to high.
- Combine first 7 ingredients on a jelly-roll pan; toss to coat. Broil 4 minutes or until fruit begins to brown (do not stir). Drizzle with oil and vinegar; toss gently.

SERVES 16 (serving size: about 2 tablespoons)

CALORIES 43; FAT 0.9g (sat 0.1g, mono 0.6g, poly 0.1g); PROTEIN 0g; CARB 9g; FIBER 1g; CHOL 0mg; IRON 0mg; SODIUM 38mg; CALC 10mg

### From the Kitchen of... ROBIN BASHINSKY RECIPE TESTER AND DEVELOPER

"I got the idea to cook blueberries in with cranberry sauce when I tasted a version by Erin French at her restaurant Lost Kitchen in Maine. I've made it every year since."

### **CRAN-BLUEBERRY** SAUCE WITH CANDIED GINGER

Hands-on: 10 min. Total: 40 min.

Make this sauce a couple of days ahead, and refrigerate in an airtight container. Reheat in a small saucepan over mediumlow heat, adding water—a tablespoon or two-to thin it.

- 1 navel orange
- 4 cups fresh or frozen cranberries
- 2 cups fresh blueberries
- 1 cup mirin

- $\frac{1}{2}$  cup sugar
- $\frac{1}{2}$  cup minced crystallized ginger
- 2 tablespoons chopped fresh thyme
- 1 tablespoon grated peeled fresh ginger
- ½ teaspoon kosher salt
- 1. Remove rind from orange in strips using a vegetable peeler, being careful to avoid the white pith. Combine rind and remaining ingredients in a large saucepan over medium heat; bring to a simmer. Reduce heat to low; simmer 25 minutes or until cranberries burst and mixture thickens to a jammy consistency. Remove rind; discard. Cool slightly.

SERVES 16 (serving size: about 1/4 cup) CALORIES 104; FAT 0.1g (sat 0g, mono Og, poly Og); PROTEIN Og; CARB 22g; FIBER 1g; CHOL Omg; IRON Omg; SODIUM 62mg; CALC 12mg



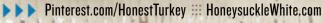




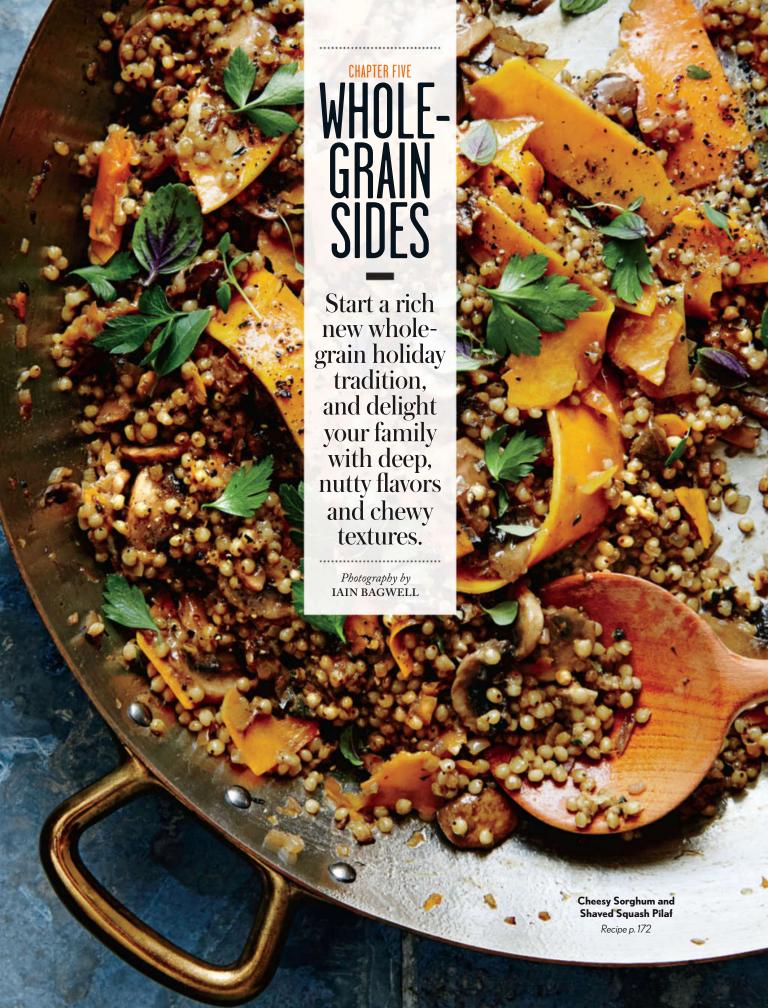
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HIS YEAR, I'm shaking things up on Turkey Day. As the head cook in the family, I see it as an act of love to usher in a healthier tradition for the people I care most deeply about—so I'm going bold with whole grains. They fit right in, with their hearty chew and nutty flavor, pairing beautifully with the

season's best citrus, butternut, and Brussels. These recipes offer a sneak peek at a project I've been cooking up—my book *Everyday Whole Grains*, which comes out in March. I've been developing new techniques that deliver big flavor, including pickling, smoking, and frying grains. These are recipes that will make a real statement at your feast. **—ANN TAYLOR PITTMAN** 







# CHEESY SORGHUM AND SHAVED SQUASH PILAF

Hands-on: 34 min. Total: 34 min.

Long, slender ribbons of butternut squash make for a beautiful and unusual presentation; just be gentle when stirring so you don't break all those gorgeous pieces. Try to grab a squash with a long neck—that straight surface works best for ribboning. If you can't find sorghum, you can use farro.

- 1 cup water
- 1/2 ounce dried porcini mushrooms
- 12 ounces peeled butternut squash
- 2 tablespoons olive oil
- ½ cup finely chopped shallots
- 1 tablespoon fresh thyme leaves
- 8 ounces sliced cremini mushrooms
- 3 garlic cloves, minced
- 3 cups cooked sorghum (about 1 cup uncooked grains)
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 3 ounces cave-aged Gruyère cheese, finely shredded (about <sup>3</sup>/<sub>4</sub> cup)
- 1. Combine 1 cup water and porcini in a 2-cup glass measuring cup. Microwave at HIGH for 3 minutes. Let stand 10 minutes. Remove mushrooms from cup with a slotted spoon,

reserving liquid in cup. Finely chop porcini.

- 2. Cut squash into long, 1½-inch-wide pieces. Shave into ribbons using a mandoline or vegetable peeler to yield about 6 cups.
- 3. Heat a large (14-inch) skillet over medium-high heat. Add oil to pan; swirl to coat. Add shallots, thyme, cremini mushrooms, and garlic; sauté 9 minutes. Stir in porcini, sorghum, salt, and pepper. Pour in porcini soaking liquid, stopping before grit at bottom of measuring cup reaches opening. Arrange squash ribbons on top; cover and cook 4 minutes. Gently stir squash into sorghum mixture; cook 2 minutes or until most of liquid evaporates.
- **4.** Remove pan from heat. Sprinkle pilaf evenly with Gruyère; gently fold in cheese until it melts.

SERVES 8 (serving size: about <sup>3</sup>/<sub>4</sub> cup)
CALORIES 197; FAT 7.8g (sat 2.6g, mono 3.8g, poly 0.9g); PROTEIN 8g; CARB 27g; FIBER 4g; CHOL 12mg; IRON 2mg; SODIUM 282mg; CALC 143mg



# SHAVED APPLE AND FENNEL SALAD WITH CRUNCHY SPELT



Hands-on: 20 min. Total: 20 min. Simply put, apples and fennel are right

together—the flavors are so complementary. I love the way the paper-thin slices intertwine and then get interrupted by bright hits of parsley. Canola oil may seem like an odd choice, but I wanted to keep the flavors clean and straightforward; you can always use olive oil if you'd like the vinaigrette to assert itself.

- 3 tablespoons canola oil
- 2 tablespoons cider vinegar
- $1\frac{1}{2}$  teaspoons sugar
- 1½ teaspoons whole-grain Dijon mustard
- 3/8 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 fennel bulb, halved
- 1 small green apple, quartered and cored
- 1 small red apple, quartered and cored
- 1 cup fresh flat-leaf parsley leaves
- 1 cup Crunchy Fried Spelt (see recipe below)
- **1.** Combine first 6 ingredients in a large bowl, stirring well with a whisk.
- 2. Cut fennel and apples into ½6-inch slices using a mandoline. Add fennel, apples, parsley leaves, and Crunchy Fried Spelt to vinaigrette; toss well to combine.

SERVES 6 (serving size: about 1 cup)
CALORIES 207; FAT 119g (sat 09g, mono
71g, poly 3.2g); PROTEIN 3g; CARB
23g; FIBER 5g; CHOL 0mg; IRON 2mg;
SODIUM 166mg; CALC 43mg

# Master recipe for CRUNCHY FRIED SPELT

Hands-on: 30 min. Total: 2 hr. 30 min.

This technique—which works with any cooked grain—was my favorite discovery of the whole book project. Frying turns whole grains into wonderfully crunchy,

wildly delicious, nutty nuggets; it's a real game changer. Fried grains freeze beautifully, and there's no need to thaw, so I now keep them on hand—a larger grain such as spelt or farro and a finer grain such as quinoa or millet. The crisp bits are fantastic on yogurt or ice cream, as a topper for casseroles or creamy soups, or anywhere you want a little crunch. They're also a great substitute for nuts—good for folks with allergies. And don't worry: When the oil is heated to the right temperature, the food doesn't absorb much.

- 3 cups cooked spelt (about 1 cup uncooked grains)
- 6 cups canola oil or peanut oil
- 1. Line a jelly-roll pan with several layers of paper towels. Spread spelt out into a thin layer on paper towels. Let stand 1 to 2 hours to dry out surface moisture, stirring grains occasionally.
- **2.** Heat oil in a large Dutch oven over high heat until a thermometer submerged in oil registers 375°. (Do not use a smaller pot; moisture in the grains will cause the oil to bubble up vigorously.) Add ½ cup spelt to hot oil; cook 4 to 5 minutes or until grains are browned and crisp. (Maintain oil temperature at 375°, and fry in small batches.) Remove fried spelt from pan with a slotted spoon; drain on paper towels. Repeat with remaining spelt, ½ cup at a time.

**SERVES 18** (serving size: about 2 tablespoons)

CALORIES 72; FAT 3.4g (sat 0.2g, mono 2g, poly 0.9g); PROTEIN 2g; CARB 8g; FIBER 2g; CHOL 0mg; IRON 0mg; SODIUM 0mg; CALC 4mg





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## SMOKED BARLEY, BEET, AND GRAPEFRUIT SALAD

Hands-on: 35 min. Total: 35 min.

This CL-perfected stovetop technique makes smoking food easier than ever (though the salad is still tasty if you choose not to smoke the grains), and smoke is such a fun flavor to apply to unexpected ingredients like barley. A sweet vinaigrette, earthy beets, and the intense citrus twang of grapefruit balance the robust smoky hit of the grains for a memorable salad. To make sure you're getting the whole-grain version of barley, look for hulled, and skip past pearled.

#### Cooking spray

- 1/2 cup cherry or apple wood chips
- 2 cups cooked wholegrain hulled barley (about <sup>2</sup>/<sub>3</sub> cup uncooked grains)
- 6 medium beets with greens
- 5 tablespoons extra-virgin olive oil
- 3 tablespoons champagne vinegar or white wine vinegar
- 4 teaspoons honey
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 large pink or ruby red grapefruits, peeled and sectioned
- 1. Pierce 10 holes on one side of the bottom of a 13 x 9-inch disposable aluminum foil pan. Coat pan with cooking spray.

Arrange wood chips over holes in pan. Spread barley on opposite side of pan. Place hole side of pan over stovetop burner. When wood chips start to smoke, carefully cover pan with foil. Turn burner to medium-high; smoke 3 minutes. Remove pan from heat; carefully uncover. Spoon barley into a colander. Rinse and drain barley under cold water; drain well.

- 2. Trim beets, reserving greens. Remove tough stems from beet greens; tear greens to equal 6 cups, and set aside. Wrap 3 beets together in a large piece of microwave-safe parchment paper; make another parchment packet with remaining 3 beets. Microwave packets together at HIGH for 8 to 9 minutes or until tender; unwrap and cool slightly. Remove skins from beets; cut each beet into 8 wedges. Place beet wedges in a bowl.
- 3. Combine oil, vinegar, honey, salt, and pepper in a large bowl, stirring with a whisk. Drizzle 1 tablespoon vinaigrette over beet wedges; toss to coat. Add barley and beet greens to bowl with remaining vinaigrette; toss gently to coat. Arrange barley mixture in a serving bowl; top with beets and grapefruit sections.

SERVES 8 (serving size: about 1 cup)
CALORIES 202; FAT 9.1g (sat 1.3g, mono
6.3g, poly 1.1g); PROTEIN 4g; CARB
29g; FIBER 6g; CHOL 0mg; IRON 2mg;
SODIUM 295mg; CALC 59mg



# BRUSSELS SPROUTS SALAD WITH PICKLED RYF BFRRIFS

Hands-on: 30 min. Total: 17 min.

Something rather lovely happens when you soak the chewier whole grains (such as rye or wheat berries) in a pickling brine; the tangy notes make the chew that much more enjoyable.

- 2 pounds whole Brussels sprouts
- 3 tablespoons to asted walnut oil
- 2 teaspoons cider vinegar
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- ½ cup slivered red onion
- 2 cups Pickled Rye Berries (see recipe at right)
- $\frac{1}{2}$  cup dried cranberries
- 6 tablespoons chopped walnuts, toasted
- **1.** Trim bottoms off sprouts; pull off bigger leaves to yield 8 cups. Reserve sprout "hearts" for another use.
- 2. Combine oil, vinegar, salt, and pepper in a large bowl. Add leaves and onion; toss gently to coat. Arrange leaves on a platter; sprinkle with Pickled Rye Berries, cranberries, and toasted walnuts.

SERVES 8 (serving size: about 1 cup)
CALORIES 253; FAT 9.6g (sat 0.9g,
mono 1.7g, poly 6g); PROTEIN 8g; CARB
36g; FIBER 3g; CHOL 0mg; IRON 2mg;
SODIUM 319mg; CALC 47mg

# Master recipe for PICKLED RYE BERRIES

Hands-on: 10 min. Total: 2 hr. 30 min.

This recipe works best with what I refer to as "hard-shell" grains—those with a chewy, closed texture (rye berries, wheat berries, spelt, and kamut).
Grains with a more "open" texture (such as farro or barley) take on so much brine that they lose their own nutty flavor.

- 2/3 cup uncooked rye berries
- 3 cups cider vinegar
- 6 tablespoons sugar
- 2 teaspoons kosher salt
- 3 bay leaves
- 2 dried red chiles (optional)
- 1. Cook rye berries in a large pot of boiling water for 1 hour or until chewytender. Drain and rinse with cold water; drain.
- 2. Combine vinegar and remaining ingredients in pan; bring to a boil. Cook 3 minutes, stirring to dissolve sugar. Add rye berries; simmer 2 minutes. Remove pan from heat; cool to room temperature. Let stand at least 1 hour before serving. Store, in brine, in refrigerator for up to 2 weeks (flavor will intensify the longer it stands).

**SERVES 8** (serving size: <sup>1</sup>/<sub>4</sub> cup drained grains)

CALORIES 121; FAT 0.7g (sat 0.1g, mono 0.1g, poly 0.3g); PROTEIN 5g; CARB 23g; FIBER 0g; CHOL 0mg; IRON 1mg; SODIUM 124mg; CALC 15mg



## SAUSAGE CORNBREAD STUFFING

#### **INGREDIENTS:**

#### 1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)

2 cups celery, chopped

1 cup onion finely channed

4 cups cornbread, toasted & chopped

1/4 cup fresh parsley, chopped

1 tsp. poultry seasoning

1 cup chicken broth

1/2 cup pecans, chopped (optional)

#### **DIRECTIONS:**

- PREHEAT oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat 8-10 min. or until sausage is thoroughly cooked drain. Spoon into large bowl.
- ADD cornbread, parsley and seasoning; mix lightly. Add in broth, egg and mix until blended. Stir in pecans.
- 3. **SPOON** into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min

PREP TIME: 20 min. COOK TIME: 45 min. COOK'S TIP: To toast cornbread, bake at 400°F for 10 min.

SHARE YOUR FAVORITE SAUSAGE RECIPE, AND THE STORY BEHIND IT, USING **#JDFAMILYTABLE** AND YOU COULD BE FEATURED.





from a natural—my mother, who could whip up a loaf with her eyes closed. The heady aromas of her just-baked breads and rolls set the standard for bread at the Thanksgiving table. Yeast-risen breads take time, so if the schedule was tight, in went a pan of corn bread—just as coveted

and easy to put together, as long as you have a really solid recipe. And there was always the option for fluffy baking powder biscuits; no one would turn those down, either. Now I'm picking up where she left off and feel proud when that bread basket is empty at the end of the meal—not a crumb left. That's a happy Thanksgiving. —CHERYL SLOCUM

Cloverleaf Rolls Recipe p. 178

# KEEP WARM

The bread basket is at its best when the contents are warm. Right before serving, wrap breads in foil; heat in a 350° oven for about 5 minutes for fresh-from-the-oven perfection.



From the Kitchen of...

MAUREEN CALLAHAN

LONGTIME CONTRIBUTOR

"My Irish grandmother added fresh rosemary from the garden to her biscuits. We like to include cranberries for the best mini turkey sliders the next day—if there are any biscuits left over."

## NANA'S ROSEMARY BISCUITS WITH CRANBERRIES

Hands-on: 11 min. Total: 44 min.

When punching out dough rounds, avoid twisting the biscuit cutter, which will seal the edges and interfere with rising.

- 6.75 ounces all-purpose flour (about 11/2 cups)
  - 1/2 cup old-fashioned rolled oats
  - 1 tablespoon baking powder
  - 1 tablespoon sugar
  - $\frac{1}{2}$  teaspoon salt
  - 4 tablespoons chilled unsalted butter (such as Kerrygold), cut into small pieces
  - ½ cup dried cranberries
  - 2 teaspoons finely chopped fresh rosemary
- 3/4 cup very cold nonfat buttermilk

- 1. Preheat oven to 425°.
- 2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, oats, baking powder, sugar, and salt in a large bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Fold in cranberries and rosemary. Chill for 15 minutes. Add buttermilk to flour mixture; stir just until moist.
- 3. Turn dough out onto a lightly floured surface; knead gently until dough just comes together. Divide dough in half; wrap 1 piece in plastic wrap, and refrigerate. Roll remaining dough into a ½-inch-thick (8 x 4-inch) rectangle; dust top of dough with flour. Fold dough crosswise into thirds (as if folding a piece of paper to fit into an envelope). Reroll dough into a ½-inch-thick (8 x 4inch) rectangle; dust top of dough with flour. Cut dough with a 2-inch biscuit cutter to form 6 rounds, rerolling scraps as needed. Place dough rounds 1 inch apart on a baking sheet lined with parchment paper. Repeat procedure with remaining piece of dough. Bake at 425° for 12 minutes or until golden. Remove from pan; cool 2 minutes on wire racks. Serve warm.

SERVES 12 (serving size: 1 biscuit)
CALORIES 129; FAT 4.3g (sat 2.5g, mono 11g, poly 0.3g); PROTEIN 3g; CARB 21g; FIBER 1g; CHOL 10mg; IRON 1mg; SODIUM 236mg; CALC 91mg

#### MAKE AHEAD

Shape yeast rolls, cover, and chill overnight. Bring to room temp, and bake.



From the Kitchen of...
CHERYL SLOCUM
SENIOR FOOD EDITOR

"The smell of freshly risen dough always takes me back to my mom's rolls."

#### **CLOVERLEAF ROLLS**

Hands-on: 31 min.

Total: 2 hr. 19 min.

If the yeast doesn't bubble, it may have expired; start over to avoid wasting time and ingredients.

- $\frac{1}{2}$  cup warm water (100° to 110°)
- 1 teaspoon sugar
- 1 package dry yeast (about 2½ teaspoons)
- 7.2 ounces white wholewheat flour (about 1½ cups), divided
- 2/3 cup warm evaporated low-fat milk (100° to 110°)
- 3 tablespoons butter, softened
- $1\frac{1}{2}$  teaspoons kosher salt
  - 1 large egg, lightly beaten
- 10 ounces all-purpose flour (about 2½ cups), divided

#### Cooking spray

1. Combine ½ cup water, sugar, and yeast in a large bowl. Let stand 5 minutes or until mixture is bubbly. Weigh or lightly spoon

white whole-wheat flour into dry measuring cups; level with a knife. Stir 1 cup white whole-wheat flour, milk, butter, salt, and egg into yeast mixture. Weigh or lightly spoon all-purpose flour into dry measuring cups; level with a knife. Gradually add remaining ½ cup white whole-wheat flour and 2 cups all-purpose flour to yeast mixture, stirring until a soft dough forms.

- 2. Sprinkle 2 tablespoons all-purpose flour on a work surface. Turn dough out onto surface; knead until flour is incorporated. Knead in remaining 2 tablespoons all-purpose flour until dough is smooth and elastic (about 10 minutes). Place dough in a large bowl coated with cooking spray, turning to coat. Cover and let rise in a warm place (85°), free from drafts, 1 hour or until doubled in size.
- **3.** Preheat oven to 400°.
- 4. Coat 18 muffin cups with cooking spray. Punch dough down; turn out onto a lightly floured surface. Cover and let rest 15 minutes. Divide dough into 18 pieces. Roll each piece into a 1-inch-thick rope; divide each into 3 pieces. Roll each piece into a ball. Place 3 balls into each of the prepared muffin cups; cover and let rise 30 minutes or until doubled in size. Bake at 400° for 18 minutes or until golden brown.

SERVES 18 (serving size: 1 roll)
CALORIES 126; FAT 2.7g (sat 1.3g, mono 0.6g, poly 0.2g); PROTEIN 4g; CARB 20g; FIBER 2g; CHOL 17mg; IRON 1mg; SODIUM 175mg; CALC 36mg



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HOMEMADE PIZZA IN 30!

# 30-MINUTE PIZZA CRUST

#### YOU WILL NEED:

- 1¾ to 2¼ cups flour
- 1 packet Fleischmann's® RapidRise™ Yeast
- 1½ tsp sugar
- ¾ tsp salt
- ½ cup very warm water (120°F to 130°F)
- 3 tbsp oil
- ½ to 1 cup pizza sauce
- 1 to 2 cups shredded mozzarella cheese
- Other toppings as desired







#### PREHEAT oven to 425° to get started!

- 1. COMBINE 1 cup flour, 1 packet Fleischmann's® RapidRise™ Yeast, 1½ tsp sugar, and ¾ tsp salt in a large bowl. ADD ½ cup very warm water (120° to 130°F, use a thermometer) and 3 tbsp oil. MIX ingredients together until well blended. GRADUALLY ADD ½ cup flour until dough forms a ball. ADD additional flour, if needed, to handle. SPOON dough onto floured surface. (Dough will be slightly sticky.)
- 2. KNEAD dough until it is smooth and elastic; about 4 minutes. COVER with kitchen towel and let rest for 10 minutes.
- ROLL out dough. PRESS dough into a greased pizza pan.
   Top with pizza sauce, cheese and toppings.
- **4. BAKE** on the lowest rack for 12 to 15 minutes, until the crust browns.



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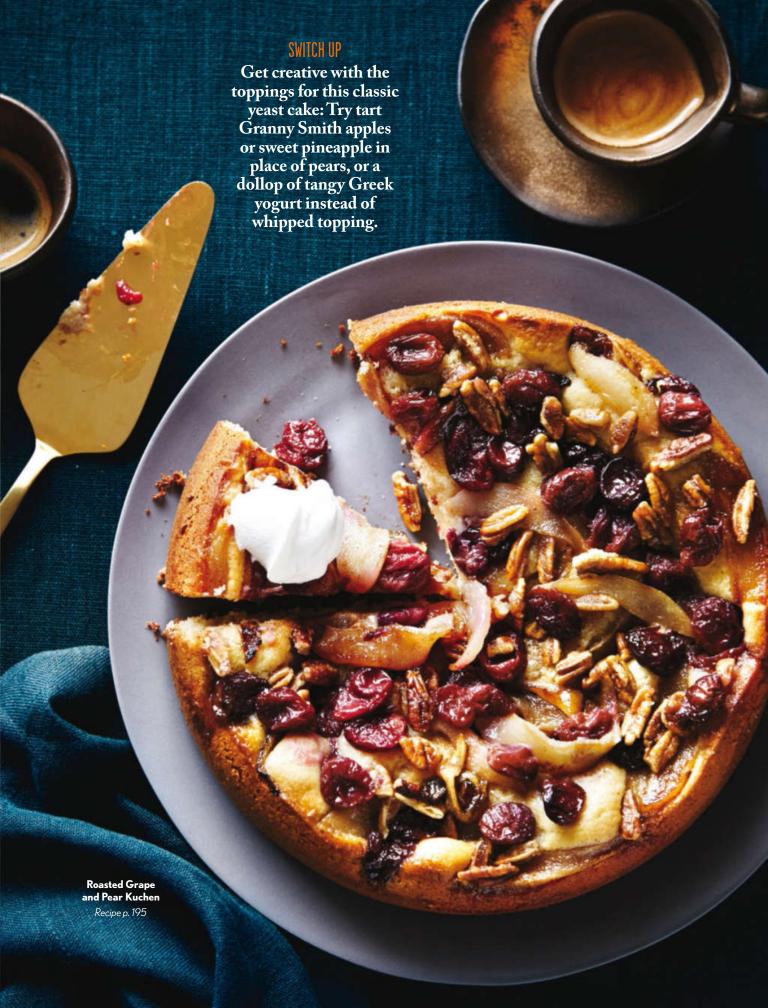






ROWING UP, when family members took the time to make and serve desserts (no matter how simple or extravagant), I always felt loved and indulged. That's what's magical about dessert: The simple act of sharing something sweet that's been made with care brings such tremendous joy. Good desserts conjure good times and cheerful

celebrations—and it's not only the taste but the shared memories that are integral to our appreciation. So go ahead and show off. People love to celebrate and socialize, and the best fellowship occurs when sharing great food together. These recipes are meant for those occasions. They're holiday-pretty and wonderfully indulgent, giving you a full blast of flavor and satisfaction. —**DEB WISE** 





# CHOCOLATE CHIP CREAM PUFFS

Hands-on: 45 min. Total: 1 hr. 30 min. Deb likes to stir the chocolate chips into the warm dough by hand because the power of the mixer would forcefully combine the melting chips into the dough, making it brown chocolate dough instead of dough studded with chocolate chips.

#### Pastry:

- 3/4 cup water
- 6 tablespoons unsalted
- 1 tablespoon granulated sugar
- 1/4 teaspoon salt
- 3.4 ounces all-purpose flour (about 3/4 cup)
  - 2 large eggs
  - 1 large egg white
- 1/2 cup semisweet chocolate chips

#### Filling:

COX; PROP STYLING: MINDI SHAPIRO AND AMANDA WIDIS

- 1 cup half-and-half
- $\frac{1}{3}$  cup granulated sugar, divided

#### Dash of salt

2 tablespoons cornstarch

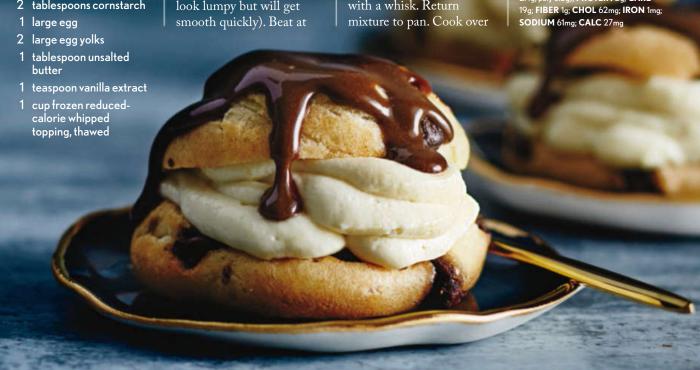
#### Glaze:

- 2 tablespoons lightcolored corn syrup
- 1 tablespoon half-and-half
- 1 teaspoon vanilla extract
- 3/4 cup powdered sugar
- 2 tablespoons unsweetened cocoa
- 1. Preheat oven to 375°.
- 2. To prepare pastry, combine first 4 ingredients in a medium saucepan; bring to a boil. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Add flour all at once to pan; stir with a wooden spoon until mixture pulls away from sides of pan and leaves a film on the bottom of the pan (about 3 minutes).
- 3. Spoon batter into a medium bowl. Beat with a mixer at medium speed 2 minutes or until mixture cools to about 120°. Add 2 eggs and egg white, 1 at a time, beating at mediumlow speed after each addition until completely combined (mixture will look lumpy but will get

- medium speed 1 minute or until well combined. Stir in chocolate chips by hand. Drop dough by 2 tablespoons 2 inches apart onto doubled baking sheets lined with parchment paper (you will have a total of 20 puffs). Bake at 375° for 20 minutes.
- 4. Reduce oven temperature to 325°. Rotate pans, and bake at 325° for an additional 25 minutes or until browned and crisp. Remove pans from oven. Pierce the top of each puff with the tip of a knife. Cool completely on pans. 5. To prepare filling, combine 1 cup half-andhalf, 3 tablespoons granulated sugar, and dash of salt in a saucepan; bring to a simmer. Combine remaining  $2^{1/2}$  tablespoons sugar, cornstarch, 1 egg, and egg yolks in a medium bowl; stir with a whisk until smooth. Gradually drizzle milk mixture into egg mixture, stirring constantly with a whisk. Return

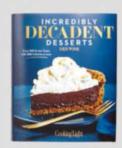
- medium heat until mixture thickens (about 4 minutes), stirring constantly.
- 6. Remove pan from heat; add butter and 1 teaspoon vanilla, stirring until smooth. Spoon cream into a medium bowl; place bowl in a large ice water-filled bowl. Cool cream completely, stirring occasionally (about 20 minutes). Gently fold in whipped topping. 7. To prepare glaze,
- combine corn syrup, 1 tablespoon half-and-half, and 1 teaspoon vanilla in a microwave-safe bowl. Microwave at HIGH 15 seconds. Add powdered sugar and cocoa; stir with a whisk until smooth (glaze will be thick and sticky).
- 8. To assemble cream puffs, cut the tops off the cooled puffs. Fill each puff with about 1 tablespoon pastry cream. Dip the tops in glaze, and place on top of filled cream puff.

SERVES 20 (serving size: 1 cream puff) CALORIES 160; FAT 8.5g (sat 5.1g, mo 2.4g, poly 0.5g); **PROTEIN** 3g; **CARB** 19g; **FIBER** 1g; **CHOL** 62mg; **IRON** 1mg;





Get Deb's New Book WE HAVE A SECRET WEAPON in the Cooking Light Test Kitchen: Deb Wise, a professional baker who has perfected the art of creating luscious, indulgent, and healthy desserts. In her first cookbook, Incredibly Decadent Desserts (on shelves October 27), Deb shares more than 100 of her most delicious recipes—each with 300 calories or less per serving—and the foolproof techniques that ensure success. Now that's sweet! (Oxmoor House, \$25, 272 pages)





## EXTREME LEMON AND **CHOCOLATE ROULADE**

Hands-on: 45 min. Total: 3 hr. 15 min.

Lemon and chocolate are a lovely and lively pair in this roulade. If you prefer milder lemon flavor, you can omit the rind from the filling. Or, if you are a bold lemon lover (like me), don't strain the rind out of the filling—enjoy the tartness and texture it provides.

#### Cake:

Baking spray with flour

- 3 ounces cake flour (about 3/4 cup)
- 1/3 cup unsweetened cocoa, sifted
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- 5 large eggs, separated
- 3/4 cup granulated sugar, divided
- 1 teaspoon vanilla extract
- 1/4 teaspoon cream of tartar
- 2 tablespoons powdered sugar

#### Filling:

- <sup>2</sup>/<sub>3</sub> cup granulated sugar, divided
  - 1 tablespoon grated lemon rind
- 6 tablespoons fresh lemon juice
- 3 tablespoons unsalted butter, divided
- 1/8 teaspoon salt
- 1 tablespoon cornstarch
- 3 large egg yolks
- 2 large eggs
- $1\frac{1}{2}$  cups frozen reducedcalorie whipped topping, thawed
  - 1 tablespoon powdered sugar
- **1.** Preheat oven to 350°. Lightly coat a jelly-roll pan with baking spray. Line bottom of pan with wax paper. Coat paper with

baking spray. Set aside. 2. To prepare cake, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, cocoa, baking powder, and salt in a bowl; stir with a whisk. Place egg yolks, ¼ cup granulated sugar, and vanilla in a large bowl; beat with a mixer at medium speed until light and fluffy (about 4 minutes). Place egg whites and cream of tartar in a medium bowl; beat at medium speed until foamy using clean, dry beaters. Beat mixture at high speed until soft peaks form. Gradually add ½ cup granulated sugar, 1 tablespoon at a time, beating until stiff peaks form (do not overbeat). Stir onefourth of egg white mixture into egg yolk mixture; gently fold in remaining egg white mixture. Sift half of flour mixture over top of egg mixture; gently fold in. Sift remaining flour mixture over top of egg mixture; gently fold in. Spread mixture evenly into prepared pan. 3. Bake at 350° for

9 minutes or until cake springs back when lightly touched in the center. Loosen cake from sides of pan; turn out onto a dish towel dusted with 2 tablespoons powdered sugar. Carefully peel off wax paper; cool 1 minute. Starting at short side, roll up the cake and towel together. Place, seam side

down, on a wire rack; cool completely (about 1 hour).

- 4. To prepare filling, place ½ cup granulated sugar, rind, juice, 2 tablespoons butter, and salt in a small saucepan over medium heat. Cook until butter melts and sugar dissolves, stirring frequently (about 4 minutes). Place remaining 1/3 cup granulated sugar, cornstarch, egg yolks, and eggs in a bowl; stir well with a whisk until smooth. Drizzle hot juice mixture into egg mixture, stirring constantly with a whisk. Return mixture to pan. Cook over medium heat until mixture thickens and reaches 180° on a candy thermometer (do not boil). Pour mixture through a sieve into a small bowl, pressing on solids. Discard solids. Add remaining 1 tablespoon butter, stirring until butter melts and is combined. Cover surface of mixture with plastic wrap. Chill completely. 5. To assemble roulade,
- gently stir whipped topping into chilled lemon filling. Unroll cake carefully; remove towel. Spread lemon filling over cake, leaving a 1-inch border around outside edges. Reroll cake; place, seam side down, on a platter. Cover and chill 1 hour. Sprinkle cake with 1 tablespoon powdered sugar. Cut cake into slices.

**SERVES 10** (serving size: 1 slice) **CALORIES** 285: **FAT** 9.8a (sat 5.2a, mono 2.9g, poly 1.1g); PROTEIN 7g; CARB 45g; FIBER 1g; CHOL 195mg; IRON 2mg; SODIUM 161mg; CALC 61mg

# **DEB'S BEST ROULADE TIPS**



**EXERCISE PATIENCE** 

When adding the flour mixture to the voluminous egg mixture in step 2, take your time. Gently fold in no more than half the dry ingredients at a time.



**SPREAD IT RIGHT** 

Be sure to work the cake batter over the entire surface of the jelly-roll pan, spreading to all the edges. An offset spatula gets the job done easily.



**SET THE SHAPE** 

While just-baked cake is warm, roll it up inside a clean towel, and cool completely. This allows the cake to be unrolled, filled, and rerolled without breaking.



# PECAN STICKY WEDGES

Hands-on: 58 min. Total: 11 hr.

- 1 package dry yeast (about 2½ teaspoons)
- 1/4 cup warm water (100° to 110°)
- 1/3 cup granulated sugar
- 1/4 cup 2% reduced-fat milk
- 1 teaspoon vanilla extract
- 1 teaspoon salt
- 2 large eggs
- 12.4 ounces all-purpose flour (about 2<sup>3</sup>/<sub>4</sub> cups), divided
  - 9 tablespoons unsalted butter, softened and divided

#### Cooking spray

- cup packed dark brown sugar, divided
- 3 tablespoons lightcolored corn syrup
- 2 tablespoons mild honey
- <sup>2</sup>/<sub>3</sub> cup chopped pecans
- 2 teaspoons cinnamon
- 1. Combine yeast and warm water in the bowl of a stand mixer; let stand 5 minutes or until foamy. Add granulated sugar, milk, vanilla, salt, and eggs; beat at low speed until well combined (about 1 minute).
- 2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Add ½ cup flour to yeast mixture; beat at low speed 1 minute. Add ½ cups flour; beat at low speed until a soft dough forms. Change paddle to dough hook; beat at medium speed 8 minutes or until smooth and elastic. Add 4 tablespoons butter, 1 tablespoon

at a time, beating at low speed until combined after each addition and scraping sides, if necessary. Scrape dough onto a work surface sprinkled with remaining <sup>1</sup>4 cup flour (dough will be sticky). Knead 1 minute or until smooth and elastic. Place dough in a large bowl coated with cooking spray. Cover and place in a warm place (85°), free from drafts, 1 hour or until doubled in size.

- **3.** Combine 3 tablespoons butter,  $\frac{2}{3}$  cup brown sugar, corn syrup, and honey in a small saucepan; bring to a boil, stirring just until butter melts. Boil 30 seconds, stirring constantly. Pour syrup into a 12-cup Bundt pan coated with cooking spray. Sprinkle nuts evenly over syrup. Cool completely.
- **4.** Combine remaining ½ cup brown sugar and cinnamon in a small bowl, stirring with a whisk.
- **5.** Turn dough out onto a lightly floured surface. Gently press dough into a 16 x 12-inch rectangle. Melt 1 tablespoon butter. Brush surface of dough with melted butter. Sprinkle brown sugarcinnamon mixture evenly over dough. Beginning at short side, roll up dough, jelly-roll fashion; pinch seam to seal. Carefully lift roll, and fit into prepared pan. Pinch ends together. Cover with plastic wrap, and chill overnight.
- **6.** Preheat oven to 350°.
- **7.** Remove pan from refrigerator. Let stand at room temperature 30 minutes. Bake at 350° for

28 to 30 minutes or until a wooden pick inserted in center comes out clean and dry. Cool in pan 4 minutes on a wire rack. Place a plate upside down on top of pan; invert onto plate. Let cool slightly before cutting.

SERVES 16 (serving size: 1 wedge)
CALORIES 265; FAT 10.8g (sat 4.7g,
mono 3.9g, poly 1.5g); PROTEIN 4g;
CARB 40g; FIBER 1g; CHOL 41mg;
IRON 1mg; SODIUM 160mg; CALC 21mg



## ICED GINGERBREAD BISCOTTI

Hands-on: 30 min.
Total: 1 hr. 50 min.
Be sure to let the cookie logs cool after the first bake so they slice cleanly and don't crumble.

#### Biscotti:

- 1 cup granulated sugar
- 2 tablespoons molasses
- 2 teaspoons vanilla extract
- 3 large eggs, divided
- 5.3 ounces whole-wheat pastry flour (about 11/4 cups)
- 5.3 ounces all-purpose flour (about 1 cup plus 3 tablespoons)
- 1½ teaspoons ground cinnamon
  - 1 teaspoon ground ginger
- $\frac{1}{2}$  teaspoon salt
- ½ teaspoon ground cloves
- $\frac{1}{2}$  teaspoon baking powder lcing:
- <sup>2</sup>/<sub>3</sub> cup powdered sugar
  - 1 tablespoon whole milk
- 1/4 teaspoon vanilla extract
- 1. Preheat oven to 325°.
- **2.** To prepare biscotti, place granulated sugar, molasses,

- 2 teaspoons vanilla, and 2 eggs in the bowl of a stand mixer; beat at high speed until ribbons fall from beaters (about 6 minutes).
- 3. Weigh or lightly spoon flours into dry measuring cups and spoons; level with a knife. Combine flours and next 5 ingredients (through baking powder) in a bowl; stir with a whisk. Add flour mixture to egg mixture; beat at low speed just until combined. Divide dough in half; place halves on a baking sheet lined with parchment paper. With lightly floured hands, shape each half into an 8 x 4-inch loaf. Lightly beat remaining egg in a bowl; brush tops and sides of loaves with egg. Bake at 325° for 35 minutes or until golden brown. Remove loaves from baking sheet, and cool 10 minutes on a wire rack.
- **4.** Reduce oven temperature to 275°.
- **5.** Cut each loaf diagonally into 11 (½-inch) slices; place slices, cut sides down, on baking sheet. Bake at 275° for 20 minutes, turning slices over after 10 minutes. Remove from pan, and cool completely on wire rack.
- **6.** To prepare icing, combine powdered sugar, milk, and ½ teaspoon vanilla; stir with a whisk until smooth. Drizzle icing over biscotti; let stand until icing sets. Store biscotti in an airtight container.

SERVES 22 (serving size: 1 biscotti)
CALORIES 115; FAT 0.8g (sat 0.2g, mono
0.2g, poly 0.1g); PROTEIN 2g; CARB
25g; FIBER 1g; CHOL 21mg; IRON 1mg;
SODIUM 73mg; CALC 22mg

# Fisher® recipe nuts have No Preservatives.



Just out of their shells, so you can come out of yours.









## DOUBLE-CRUST Apple Pie

Hands-on: 41 min. Total: 2 hr. 26 min.

A double crust seals in the apples' natural juices as the pie bakes for full-on apple flavor. Tossing the apples with apple juice keeps them from browning as you peel and slice them, and it adds a boost of apple flavor.

#### Crust:

- 10.1 ounces all-purpose flour (about 2<sup>1</sup>/<sub>4</sub> cups)
- ½ teaspoon baking powder
- 3/8 teaspoon salt
- 3 tablespoons unsalted butter, chilled
- 3 tablespoons vegan shortening (such as Earth Balance), chilled
- 2 teaspoons white vinegar
- 6 tablespoons ice water

#### Filling:

- 6 cups (1/8-inch-thick) slices peeled apple
- 1/4 cup unsweetened apple juice
- 1/4 cup packed brown sugar
- 2 tablespoons all-purpose flour
- 1 tablespoon cornstarch
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground nutmeg
- 1/4 teaspoon salt

#### Baking spray with flour

- 2 tablespoons unsalted butter, diced
- 1 large egg white, lightly beaten
- 2 teaspoons granulated sugar
- 1. To prepare crust, weigh or lightly spoon flour into dry measuring cups; level with a knife. Place flour, baking powder, and salt in the bowl of a food processor, and process to combine. Cut butter and shortening into ½-inch pieces; add to processor bowl. Pulse 2 to 3 times or until butter is about the size of dried peas. Sprinkle vinegar and ice water over mixture. Pulse 2 to 3 times or until mixture resembles coarse sand.
- 2. Scrape mixture onto a lightly floured work surface. Press mixture into a ball; divide into 2 equal pieces. Press each half into a 4-inch disk. Cover each disk with plastic wrap, and chill 30 minutes. (The dough can be made 1 day ahead. If it's chilled for 24 hours, let it stand at room temperature for 10 minutes before rolling.)

#### SAVE TIME

To quickly get 6 cups of ½-inch-thick apple slices, cut cored, peeled apples into quarters, and slice on a mandoline or send through the food processor's slicing blade.

- 3. Preheat oven to 425°.
- **4.** To prepare filling, place apples and juice in a large bowl; toss to coat. Combine brown sugar and next 5 ingredients (through ¼ teaspoon salt) in a small bowl. Sprinkle apples with brown sugar mixture; toss well to combine.
- 5. Unwrap 1 dough disk, and place on a lightly floured work surface. Roll to an 11-inch circle. Place into a 9-inch pie plate lightly coated with baking spray. Pour filling into prepared pie plate (dish will be very full). Arrange diced butter on top of filling. Roll remaining half of dough into a 10-inch circle on a lightly floured surface. Place dough on top of pie; fold edges under, and flute decoratively. Cut slits in top of dough to allow steam to escape. Lightly brush top of dough with egg white. Sprinkle with granulated sugar. **6.** Bake at 425° for 15
- 6. Bake at 425° for 15 minutes; reduce oven temperature to 350°. Bake an additional 1 hour or until golden and bubbly. Shield edges of pie with foil if necessary. Place pie on a wire rack; cool completely before slicing.

SERVES 10 (serving size: 1 slice)
CALORIES 264; FAT 10.4g (sat 5.2g,
mono 3g, poly 1.3g); PROTEIN 4g; CARB
39g; FIBER 2g; CHOL 15mg; IRON 2mg;
SODIUM 178mg; CALC 30mg

# **DEB'S BEST CRUST TIPS**



STOP SHORT

Don't overprocess the dough mixture; that can make it tough. Pulse only until it looks like coarse sand. Turn the mixture out, and work it into a ball.

. . . . . . . . . .



#### **COVER LOOSELY**

When placing the top crust onto the pie, drape it naturally over the apples without pulling or stretching. Fold the top crust edge over the bottom one.

\*\*\*\*\*\*\*\*



#### **CRIMP WITH STYLE**

Work your way around the thick outer edge of dough, crimping by pinching between your index finger and thumb.





# MILE-HIGH COCONUT CUPCAKES

Hands-on: 22 min. Total: 1 hr. 10 min.

- 3/4 cup light coconut milk
- 7 tablespoons flaked sweetened coconut, divided
- 1 vanilla bean, halved lengthwise
- 6.75 ounces all-purpose flour (about 1½ cups)
  - 1 teaspoon baking powder
  - ½ teaspoon baking soda
  - 1/4 teaspoon salt
- $1\frac{1}{4}$  cups sugar, divided

- 6 tablespoons unsalted butter, softened
- 2 tablespoons canola oil
- 3 large egg whites
- teaspoon cream of tartar, divided
- 1/4 cup water

#### Dash of salt

- 3 large egg whites (at room temperature)
- 1/4 teaspoon vanilla extract
- 1. Bring coconut milk, <sup>1</sup>4 cup coconut, and vanilla bean to a boil over mediumhigh heat. Remove from heat. Cover; let stand 20 minutes. Discard bean.
- **2.** Preheat oven to 350°.
- **3.** Place remaining 3 table-spoons coconut on a baking sheet. Bake at 350° for 5 minutes or until toasted, stirring after 4 minutes.
- 4. Combine flour and next

3 ingredients (through ½ teaspoon salt); stir with a whisk. Place ¾ cup sugar, butter, and oil in a large bowl. Beat with a mixer at medium speed until light and fluffy (about 3 minutes). Stir in cooled milk mixture. Add flour mixture; beat at low speed until combined.

5. Place 3 egg whites and

5. Place 3 egg whites and ½ teaspoon cream of tartar in a large bowl. Using clean, dry beaters, beat at medium speed until foamy; beat at high speed until soft peaks form. Gently fold one-fourth of beaten egg whites into batter; gently fold in remaining beaten egg whites. Divide batter among 12 muffin cups lined with cupcake liners. Bake at 350° for 17

minutes or until a wooden pick inserted in center comes out clean. Cool 5 minutes in pans on a wire rack; remove from pans. Cool completely on rack. **6.** Combine ½ cup sugar, ¼ cup water, and dash of salt in a saucepan; bring to a boil, stirring just until sugar dissolves. Cook, without stirring, to 230°. Place 3 egg whites and ½ teaspoon cream of tartar in a large bowl; beat with clean, dry beaters at medium speed until foamy. Beat at high speed until medium peaks form. With mixer at low speed, pour hot syrup in a thin stream down side of bowl. Gradually increase speed to high; beat 3 minutes or until thickened.



Beat in extract. Mound about 2 tablespoons icing onto each cupcake. Sprinkle with toasted coconut.

SERVES 12 (serving size: 1 cupcake) CALORIES 244; FAT 9.9g (sat 5.2g, mono 3g, poly 1g); PROTEIN 4g; CARB 36g; FIBER 1g; CHOL 15mg; IRON 1mg; SODIUM 196mg; CALC 28mg



## **ROASTED GRAPE AND** PEAR KUCHEN

Hands-on: 27 min. Total: 3 hr.

- ½ cup warm 2% reducedfat milk (100° to 110°)
- $2^{1/4}$  teaspoons dry yeast
- ½ cup granulated sugar, divided

- 2 tablespoons canola oil, divided
- 1 teaspoon vanilla extract
- 1 teaspoon grated lemon rind
- ½ teaspoon salt
- $\frac{1}{2}$  teaspoon ground nutmeg
- 2 large eggs
- ounces all-purpose flour (about 2 cups)
- 6 tablespoons unsalted butter, softened and divided

Baking spray with flour

- $1\frac{1}{2}$  cups seedless red grapes
- 2 firm peeled pears, cut into 1/4-inch-thick slices
- 1/4 cup chopped pecans
- 3 tablespoons brown sugar
- ½ teaspoon ground cinnamon
- $1\frac{1}{2}$  cups frozen reducedcalorie whipped topping. thawed

- 1. Combine milk, yeast, and ½ teaspoon granulated sugar in a large bowl; stir with a whisk. Let stand 5 minutes.
- 2. Add remaining granulated sugar, 1 tablespoon oil, vanilla, rind, salt, nutmeg, and eggs; beat with a mixer at low speed until well combined. Add flour; beat at low speed 5 minutes or until batter is smooth. Add 5 tablespoons butter, 1 tablespoon at a time, beating after each addition. Smooth batter into a 9-inch springform pan coated with baking spray. Cover and let rise in a warm place (85°), free from drafts,  $1\frac{1}{2}$  hours.
- **3.** Preheat oven to 450°.
- 4. Combine remaining 1 tablespoon oil, grapes, and pears; arrange in a single

layer on a baking sheet. Bake at 450° for 20 to 25 minutes or until tender. Cool completely. Reduce oven temperature to 350°.

5. Melt remaining 1 tablespoon butter. Combine grape mixture, butter, pecans, brown sugar, and cinnamon. Arrange mixture over dough. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan for 15 minutes on a wire rack. Remove from pan, and place on a serving platter. Serve with whipped topping.

SERVES 12 (serving size: 1 wedge and 2 tablespoons whipped topping)

**CALORIES** 281; **FAT** 12.4g (sat 5.5g, mono 4.4g, poly 1.7g); **PROTEIN** 4.6g; **CARB** 39g; FIBER 2g; CHOL 47mg; IRON 1mg; SODIUM 124mg; CALC 39mg



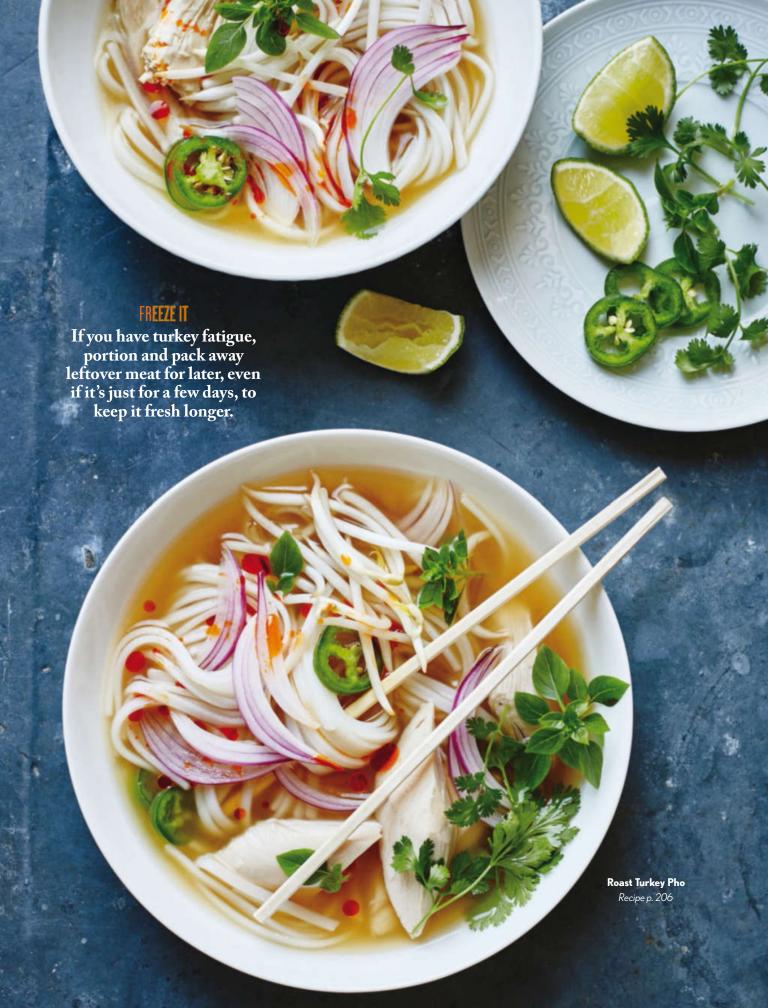


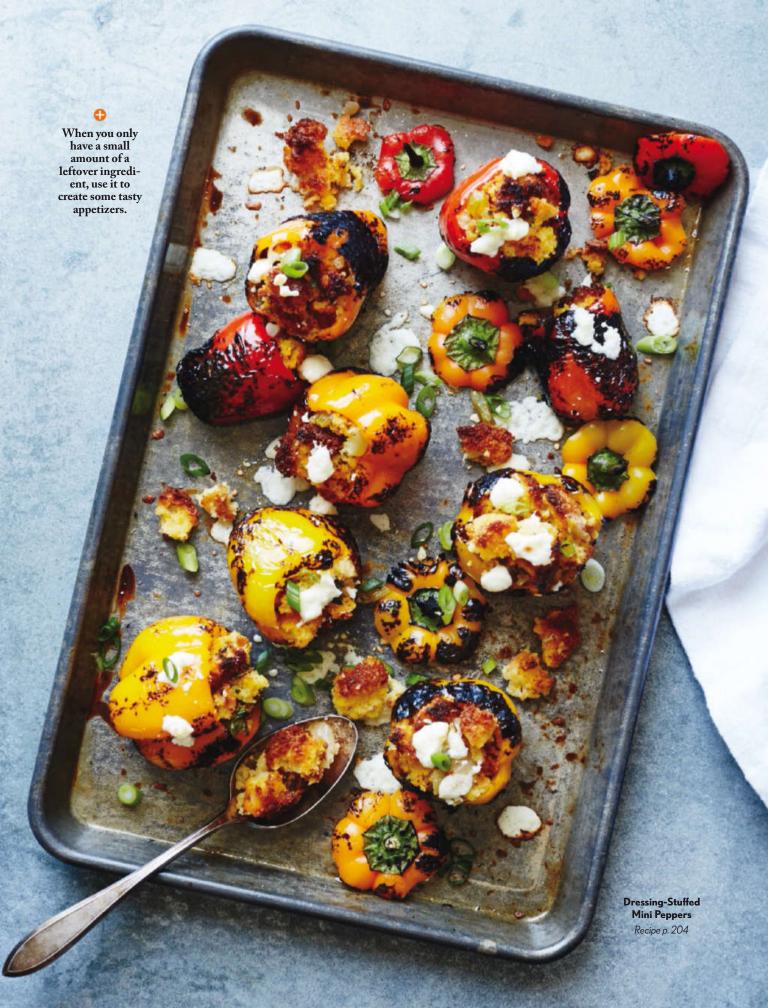


HANKSGIVING LEFTOVERS are as much a part of the holiday as the feast itself. But for me, turkey sandwiches can get old fast, so I do some planning. Adding a few extra ingredients to the Thanksgiving shopping list will give the turkey, sides, and sauces fresh, new personas the day after—and the next. And by setting aside pristine

(rather than picked over) amounts of food for the downstream recipes before I send everything out to the Thanksgiving table, there's no worry about having what's needed to put together the dish. Try a couple of these recipes, each of which I developed with its own international flair. Made over into sandwiches, snacks, casseroles, and more, no one will guess they're leftovers. —KATIE BARREIRA











# CAULIFLOWER Turkey Tetrazzini

Hands-on: 28 min. Total: 65 min.

The genius trick to this unique turkey tetrazzini is using flavor-packed Cauliflower Salad in the sauce. Pureed, it becomes creamy and luscious. Any leftover turkey, or even rotisserie chicken, will work here.

- 6 ounces uncooked whole-wheat spaghetti
- 5 teaspoons olive oil, divided
- cup chopped yellow onion
- 1 (8-ounce) package white mushrooms, sliced
- 2 tablespoons all-purpose flour
- 1/4 cup white wine
- 1<sup>3</sup>/<sub>4</sub> cups unsalted chicken stock, divided
  - 1 cup whole milk
  - tablespoon chopped fresh thyme, divided

- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 3 ounces Parmesan cheese, grated and divided (about <sup>3</sup>/<sub>4</sub> cup)
- 2 cups leftover Cauliflower Salad (page 160)
- 12 ounces skinless, boneless roast turkey breast, cut into 1/2-inch cubes

Cooking spray

1/4 cup whole-wheat panko (Japanese breadcrumbs)

- **1.** Cook pasta according to package directions, omitting salt and fat. Drain.
- 2. Preheat oven to 375°.
- 3. Heat 1 tablespoon olive oil in a large saucepan over medium heat. Add onion; cook 5 minutes or until softened, stirring occasionally. Add mushrooms; cook 5 minutes or until golden and most of liquid evaporates. Sprinkle flour over vegetables; cook 1 minute, stirring constantly. Stir in wine. Add 1 cup chicken stock. Increase heat to medium-high; cook 2 minutes, stirring until smooth. Add milk; bring to a boil. Cook 4 minutes or until sauce is thickened, stirring almost constantly. Stir in 2 teaspoons thyme, salt, pepper, and 2 ounces Parmesan cheese. Remove from heat.
- 4. Place remaining <sup>3</sup>/<sub>4</sub> cup stock and Cauliflower Salad in a blender; process until smooth. Stir into sauce. Add turkey and pasta; toss to combine. Spoon into a 2-quart glass or ceramic baking dish coated with cooking spray.
- 5. Combine remaining 2 teaspoons oil, panko, and remaining 1 teaspoon thyme in a small skillet; cook over medium heat 2 minutes or until lightly toasted. Stir in remaining 1 ounce cheese; sprinkle over pasta mixture. Bake at 375° for 20 minutes or until browned and bubbly.

SERVES 6 (serving size: 1½ cups)
CALORIES 395; FAT 13.8g (sat 4.9g, mono 6.3g, poly 1.3g); PROTEIN 33g; CARB
35g; FIBER 5g; CHOL 67mg; IRON 3mg;
SODIUM 621mg; CALC 271mg





#### LEFTOVER GREEN BEAN NIÇOISE

Hands-on: 15 min. Total: 25 min.

Classic salade niçoise gets a big flavor boost from our leftover green bean recipe: Dried cranberries provide unexpected sweet-tart notes, while hazelnuts add lightly sweet, meaty depth.

- 12 ounces baby red potatoes
- 1/4 cup olive oil
- 2½ tablespoons fresh lemon juice
  - 3 tablespoons chopped fresh parsley
  - 2 tablespoons chopped fresh tarragon
  - $\frac{1}{2}$  teaspoon kosher salt
  - 8 ounces canned albacore tuna in water, drained
  - 6 kalamata olives, sliced
  - 5 cornichon pickles, chopped
  - 1 large shallot, chopped
  - 10 ounces leftover Green Beans with Dried Cranberries and Hazelnuts (page 161)
  - 2 hard-cooked large eggs, peeled and sliced
- 1/4 teaspoon freshly ground black pepper
- 1. Place potatoes in a medium saucepan; cover with cool water to 2 inches above potatoes. Bring to a boil. Reduce heat, and simmer 12 minutes or until

tender. Drain; cool. Cut potatoes in half; place in a medium bowl.

- 2. Combine oil, lemon juice, parsley, tarragon, and salt in a medium bowl, stirring with a whisk. Drizzle 3 tablespoons dressing over potatoes; toss to coat. Add tuna, olives, pickles, and shallot to bowl with remaining dressing; toss gently to coat.
- 3. Arrange about ¾ cup Green Beans with Dried Cranberries and Hazelnuts, ½ cup potatoes, and ½ cup tuna mixture on each of 4 plates. Divide eggs evenly among servings; sprinkle eggs with pepper.

SERVES 4 (serving size: 1 salad)
CALORIES 413; FAT 24.1g (sat 3.2g, mono 15.9g, poly 2.8g); PROTEIN 22g; CARB 29g; FIBER 4g; CHOL 119mg; IRON 3mg; SODIUM 780mg; CALC 62mg



## CRAN-APPLE SMOKED TURKEY SLIDERS

Hands-on: 10 min. Total: 10 min.



Let's face it: You have to have a killer leftover turkey sandwich the day after the feast.

If you start with our robust
Applewood-Smoked Turkey, you
need only a few embellishments—
namely the juicy snap of tart
apple and the extra layer of
smoke from the cheddar—to
reach to-die-for status.

- 8 water rolls or slider buns, halved
- 4 ounces smoked cheddar cheese, shredded

#### **GET FRESH**

Wake up day-after foods with a pop of fresh produce: slices of tart Granny Smith apples on a sandwich, whole baby bell peppers to offset rich stuffing, or the zip of fresh herbs and lemon with green beans.

- 8 teaspoons canola mayonnaise
- 8 ounces sliced leftover Applewood-Smoked Turkey (page 145)
- 4 ounces thinly sliced Granny Smith apple
- 3 tablespoons wholeberry cranberry sauce
- 1/4 teaspoon freshly ground black pepper
- **1.** Preheat broiler to high.
- 2. Place rolls, cut sides up, on a baking sheet. Divide cheese evenly among roll bottoms. Broil 1 minute or until rolls are toasted and cheese melts. Spread cut side of each roll top with 1 teaspoon mayonnaise. Layer Applewood-Smoked Turkey, apple slices, and cranberry sauce on roll bottoms. Sprinkle evenly with pepper. Top with roll tops, cut side down.

SERVES 4 (serving size: 2 sliders)
CALORIES 400; FAT 159g (sat 5.6g, mono 5.2g, poly 19g); PROTEIN 26g; CARB 36g; FIBER 3g; CHOL 79mg; IRON 1mg; SODIUM 680mg; CALC 214mg



## DRESSING-STUFFED MINI PEPPERS

Hands-on: 12 min. Total: 22 min.

We love these stuffed peppers as an appetizer, but you can also serve them as a side dish. Be sure to use baby bell peppers and not mini sweet peppers (shaped like jalapeños) so they're big enough to accommodate the filling. As an alternative to broiling, you can char the peppers directly over a gas flame, turning frequently with tongs.

- 6 baby bell peppers (about 2 ounces each)
- 8 ounces leftover Classic Corn Bread Dressing (page 149), crumbled
- 3 tablespoons crumbled queso fresco
- 1. Preheat broiler to high.
- 2. Arrange peppers on a baking sheet. Broil 4 minutes or until charred but firm, turning once. Cut stem ends off, and reserve. Remove ribs and seeds: discard.
- **3.** Preheat oven to 425°.
- **4.** Stuff peppers evenly with Classic Corn Bread Dressing; place, upright, on baking sheet. Bake at 425° for 7 minutes.
- **5.** Heat broiler to high. Sprinkle peppers with cheese. Broil 2 minutes or until tops are golden. Serve with pepper tops.

SERVES 6 (serving size: 1 stuffed pepper) CALORIES 82; FAT 4g (sat 1.2g, mono 1.7g, poly 0.7g); PROTEIN 3g; CARB 9g; FIBER 2g; CHOL 18mg; IRON 1mg; SODIUM 124mg; CALC 45mg

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#### **ROAST TURKEY PHO**

#### Hands-on: 27 min. Total: 2 hr.

You can substitute unsalted chicken stock for the home-made. If you do, simmer with the water, stock, peppercorns, sugar, star anise, and ginger, and proceed with recipe from there.

#### Stock:

- 1 leftover Rosemary-Orange Roast Turkey carcass (page 153), picked over, plus reserved turkey neck
- 1 large yellow onion, quartered1 garlic head, halved
- crosswise
- 1 lemon, quartered
- 3 tablespoons canola oil
- 6 cups water, divided
- 3 cups unsalted chicken stock
- 1 tablespoon whole black peppercorns
- 2 teaspoons brown sugar
- 3 star anise
- 1 (3-inch) piece peeled fresh ginger, sliced

#### Remaining ingredients:

- $1\frac{1}{2}$  tablespoons fish sauce
- 3/8 teaspoon kosher salt
- 5 ounces shredded skinless, boneless turkey breast
- 5 ounces shredded skinless, boneless turkey thigh or drumstick
- 4 ounces uncooked wide brown rice noodles (banh pho or pad Thai)
- 1 tablespoon chili oil

- 2 cups mung bean sprouts
- 1 cup basil leaves
- ½ cup cilantro leaves
- 1/2 cup thinly vertically sliced red onion
- 6 lime wedges
- 1 jalapeño pepper, thinly sliced
- 1. Preheat oven to 425°.
- **2.** To prepare stock, place first 4 ingredients on a jelly-roll pan. Drizzle with canola oil; toss. Roast at 425° for 40 minutes or until deep golden brown, turning once.
- **3.** Transfer roast turkey parts and vegetables to a large stockpot. Discard fat from jelly-roll pan. Pour 1 cup water into jelly-roll pan; carefully scrape up browned bits, and add to pot. Stir in remaining 5 cups water, chicken stock, peppercorns, sugar, star anise, and ginger. Bring to a boil. Reduce heat to low; simmer stock mixture 1 hour. Strain through a fine sieve into a large bowl. Discard solids.
- **4.** Wipe out pot; return strained stock to pot. Stir in fish sauce, salt, and leftover turkey; cook over medium heat 5 minutes or until thoroughly heated.
- 5. Prepare noodles according to package directions, omitting salt and fat; drain and divide evenly among 6 bowls. Ladle about 1½ cups stock over each serving; drizzle each serving with ½ teaspoon chili oil. Top evenly with bean sprouts and remaining ingredients.

#### SERVES 6

CALORIES 268; FAT 9.3g (sat 1.8g, mono 3.4g, poly 3.4g); PROTEIN 24g; CARB 22g; FIBER 2g; CHOL 53mg; IRON 2mg; SODIUM 639mg; CALC 42mg



#### PICADILLO-STUFFED Mashed Potato Balls

Hands-on: 31 min. Total: 51 min.

Papas rellenas (stuffed potato balls) are a traditional Spanish dish. Baked instead of fried, they're a healthy and delicious way to make a meal out of leftover mashed potatoes.

- 1 cup whole-wheat panko
- 2 cups leftover Mom's Smashed Mashed Potatoes (page 162)
- ½ teaspoon kosher salt, divided
- 2 teaspoons canola oil
- 1 garlic clove, minced
- 1/4 pound 90% lean ground beef
- 2 teaspoons chopped fresh oregano
- 1 teaspoon ground cumin
- 3 tablespoons chopped golden raisins
- 3 tablespoons chopped pitted green olives
- 2 tablespoons leftover Make-Ahead Turkey Gravy (page 149)

#### Cooking spray

- 4 cups lightly packed arugula
- 1½ tablespoons extra-virgin olive oil
  - 2 teaspoons fresh lemon juice

#### Lemon wedges (optional)

- 1. Preheat oven to 425°.
- **2.** Place panko in a dry skillet over medium-high heat; cook 3 minutes or until panko is toasted, stirring occasionally.

- **3.** Place Mom's Smashed Mashed Potatoes in a food processor; pulse until smooth. Add ½ cup panko and ½ teaspoon salt to potatoes, and pulse just until combined.
- 4. Heat canola oil in a medium nonstick skillet over medium heat. Add garlic; cook 30 seconds, stirring constantly. Add beef, oregano, and cumin. Increase heat to mediumhigh; cook 2 minutes, stirring to crumble. Remove from heat; stir in remaining ½ teaspoon salt, raisins, olives, and Make-Ahead Turkey Gravy.
- **5.** Place remaining <sup>3</sup>/<sub>4</sub> cup panko in a shallow dish. Line a jelly-roll pan with foil, and coat with cooking spray. Working with 3 tablespoons potato mixture, shape potato mixture around 1 heaping tablespoon beef filling to form a ball. Roll in panko to coat. Place on prepared baking sheet. Repeat procedure with remaining potato mixture and beef filling to make 12 balls. Coat potato balls with cooking spray. Bake at 425° for 20 minutes or until golden. **6.** Combine arugula, olive
- **6.** Combine arugula, olive oil, and juice in a large bowl; toss to coat. Serve salad with potato balls and lemon wedges, if desired.

**SERVES 4** (serving size: about 1 cup salad and 3 potato balls)

CALORIES 326; FAT 15.7g (sat 4.1g, mono 8.4g, poly 1.7g); PROTEIN 12g; CARB 36g; FIBER 4g; CHOL 27mg; IRON 3mg; SODIUM 479mg; CALC 83mg



## Sausage CHICKEN ALFREDO

READY IN: HOUR 15 minutes

#### 1 pkg. Hillshire Farm Smoked Sausage

3 chicken breast halves, cubed 2 theps: butter, divided. 2 cleves garlie, minced, divided 2 theps: chopped flat-leaf paraley 1-1/2 tsps: Italian seasoning 1/2-enion, diced

#### 1 1/2 tsps. sell

1/2 tsp. ground white pepper

8 oz. pasta, cooked, drained 2 cups heavy cream 2 tsp. Cajun seasoning 1/2 cup grated Parmesan 1. Prepare pasta according to package directions; drain and set aside.

#### Sauté sausage for 5 minutes.

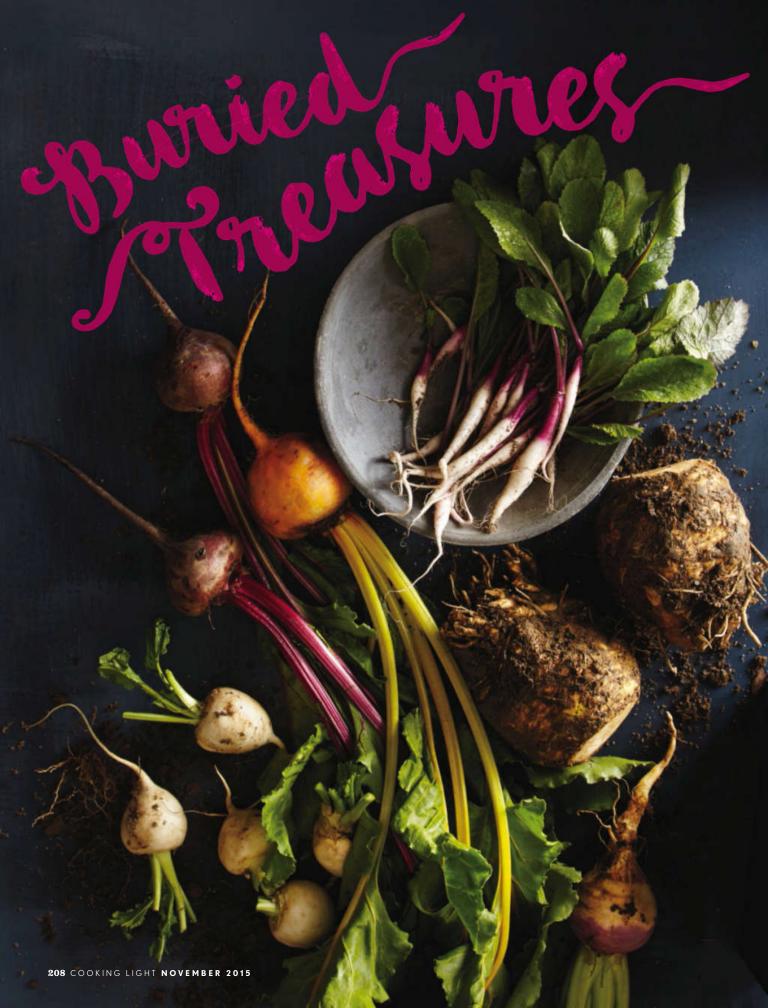
2. Cook chicken in buttor, season with salt, white pepper and Italian seasoning in a large skillet over medium-high heat until chicken is no longer pink.

Stir in onion and parsley; cook until onions are transparent.

3. Add garlio eleves, cream and Cajun seasoning and boil. Reduce heat; simmer 3—4 mins.or until mixture begins to thicken. Stir in Parmesan. Add pasta and toss.

Great additions are peas, tomatoes or any of your favorite vegetables. Just stir them in and simmer.













Flavor: Very sweet and earthy. Golden have a milder taste than red varieties. **Peak Season:** June to November Look for: Small to medium firm beets with smooth skin. If you plan to cook the beet greens, they should be crisp and a vibrant dark green color. Slight wilting in the greens is OK. Storage: Trim greens; refrigerate roots in a plastic bag up to 3 weeks. Perks: Great source

of folate and betaine

Flavor: Slightly sweet and nutty Peak Season: October to March Look for: Firm, unblemished 'chokes with minimal knobs. Avoid any soft roots and those with wrinkled skin. Storage: Wrap in paper towels, and refrigerate up to a week. Perks: High calcium content; vitamins A and C, iron, magnesium, and

phosphorus

Flavor: Rutabagas have a rich, buttery quality and are very similar to turnips in flavor (rutabagas are a hybrid of turnips and cabbage). Peak Season: September to June Look for: Smooth, firm skin. Choose rutabagas that are heavy for their size. Avoid any with bruises or cuts. Storing: Refrigerate in a plastic bag up to 2 weeks. Perks: Vitamins A and C

Flavor: Celery root tastes like a cross between peppery celery and parsley. **Peak Season:** October to April Look for: Firm, medium-sized roots that feel heavy for their size. For easier peeling, go for ones with minimal knobs and rootlets. Avoid those with soft spots, as this is a sign of decay. Storing: Refrigerate in a plastic bag 7 to 10 days.

Perks: Vitamin B,

calcium, and iron

Flavor: Young turnips have a delicate sweetness that intensifies as they age. Peak Season: October to March Look for: Firm skin and bright, leafy areens. Choose roots that feel heavy for their size. Avoid any larger than 3 inches in diameter. Storing: Trim greens; refrigerate roots in a plastic bag up to 1 week. Wash and peel before use. Perks: High in vitamin C and offer vitamin B<sub>6</sub>, manganese, and potassium

Flavor: Sweet, earthy, and herbal **Peak Season:** November to March Look for: Small to medium firm, wellshaped roots with creamy-beige skin. Avoid limp, shriveled, or spotted roots, or any with tops that are beginning to sprout. Storing: Wrap in paper towels, and refrigerate in a plastic bag up to 2 weeks. Rinse and gently peel before cooking. Perks: High in potassium, folic acid, and vitamin C





# OOD STYLING: MARIAN COOPER CAIRNS; PROP STYLING: CLAIRE SPOLLEN

## Sunchokess



#### **ROASTED SUNCHOKES**

#### Hands-on: 10 min. Total: 55 min.

When crisped in a high-heat oven, paper-thin sunchoke skin is a real treat—just make sure to scrub the knobby roots well before cooking. A clean toothbrush is particularly good for getting into those irregular nooks and crannies.

- 1<sup>1</sup>/<sub>4</sub> pounds small sunchokes, scrubbed and halved lengthwise
  - 2 tablespoons olive oil, divided
- 1/2 teaspoon kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- 8 garlic cloves
- 4 rosemary sprigs
- **1.** Preheat oven to 375°.
- **2.** Combine sunchokes. 1 tablespoon olive oil, <sup>1</sup>/<sub>4</sub> teaspoon salt, and pepper in a large bowl; toss well to coat. Heat a large cast-iron skillet over medium-high heat. Add remaining 1 tablespoon oil to pan; swirl to coat. Arrange sunchokes, cut side down, in pan; cook 5 minutes or until beginning to brown. Arrange garlic and rosemary evenly over sunchokes. Place pan in oven; roast at 375° for 42 minutes or until sunchokes are tender and deep golden. Sprinkle with remaining ½ teaspoon salt.

SERVES 4 (serving size: ½ cup)
CALORIES 143; FAT 6.9g (sat 1g, mono
5g, poly 0.8g); PROTEIN 2g; CARB
20g; FIBER 2g; CHOL Omg; IRON 4mg;
SODIUM 246mg; CALC 32mg

#### SMOKY SUNCHOKE, SAUSAGE, AND PEPPER HASH

#### Hands-on: 40 min. Total: 65 min.

Cherry-pick your 'chokes. Select the least knobby sunchokes for this recipe for easier peeling. Serve with a fresh green salad as an elegant brunch or supper.

- 8 cups cold water
- 1/2 teaspoon fresh lemon juice
- $1\frac{1}{2}$  pounds sunchokes
- 1/2 pound Yukon gold potatoes (about 1 large)
- 3 tablespoons olive oil, divided
- 6 ounces bulk sweet turkey Italian sausage
- 1 medium red onion, chopped
- 1 medium red bell pepper, chopped
- 2 garlic cloves, minced
- ½ teaspoon smoked sweet paprika
- 1 tablespoon fresh thyme leaves, divided
- 1½ teaspoons grated lemon rind, divided
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons white vinegar
- 6 large eggs
- 1. Combine 8 cups water and lemon juice in a large pot; add sunchokes and potato. Bring to a boil over high heat. Simmer 35 minutes or until sunchokes and potato are tender when pierced with a fork; drain. Cool. Peel sunchokes with a sharp paring knife. Dice sunchokes and potato.
- 2. Preheat oven to 200°.
- **3.** Heat a large cast-iron skillet over medium-high heat. Add 1 tablespoon oil to pan. Add sausage; cook

5 minutes, stirring to crumble. Add 1½ teaspoons oil, onion, bell pepper, and garlic; cook 5 minutes.

Transfer mixture to a plate.

- **4.** Wipe pan clean with paper towels. Add remaining 1½ tablespoons oil to pan. Add sunchokes and potato; cook over medium-high heat 7 minutes, stirring occasionally. Add sausage mixture, paprika, 1 teaspoon thyme, ½ teaspoon lemon rind, salt, and pepper. Keep warm in 200° oven.
- **5.** Fill a saucepan with water to about 2 inches. Bring to a gentle simmer over medium heat; add vinegar to pan. Working with 1 egg at a time, crack each egg into a small ramekin; gently pour into pan. Cook eggs 3½ minutes. Transfer poached eggs to a paper towel-lined plate using a slotted spoon. Divide hash among 6 plates; top each with a poached egg. Sprinkle evenly with remaining 2 teaspoons thyme and remaining 1 teaspoon lemon rind.

**SERVES 6** (serving size: <sup>2</sup>/<sub>3</sub> cup hash and 1 egg)

**CALORIES** 286; **FAT** 14.6g (sat 3.3g, mono 6.8g, poly 1.7g); **PROTEIN** 15g; **CARB** 24g; **FIBER** 3g; **CHOL** 211mg; **IRON** 5mg; **SODIUM** 540mg; **CALC** 50mg



#### **RUTABAGA CHAMP**

Hands-on: 40 min. Total: 40 min.

Rutabaga has a luscious buttery quality when cooked, so naturally, this root veggie shines in mash form. We incorporate potatoes as a way to provide the starch that rutabaga lacks, making for an ultrasilky, comfortingly hearty spin on classic Irish champ.

- 2 pounds rutabaga, peeled and cut into ½-inch cubes
- 1/2 pound baking potatoes, peeled and cut into 1/2-inch cubes
- 6 cups water
- 3<sup>3</sup>/<sub>4</sub> teaspoons kosher salt
  - 2 bay leaves
  - 3 tablespoons unsalted butter
  - 1/4 teaspoon ground white pepper
  - 3 green onions, thinly sliced
- 1. Place rutabaga, potato, 6 cups water, 1 tablespoon salt, and bay leaves in a large saucepan over high heat. Bring to a boil; reduce heat, and simmer 18 minutes or until very tender. Drain; discard bay leaves.
- **2.** Return mixture to pan. Add remaining ¾ teaspoon salt, butter, and pepper. Mash well with a potato masher; stir in onions.

SERVES 8 (serving size: ½ cup)

CALORIES 105; FAT 4.6g (sat 2.8g, mono 1.2g, poly 0.3g); PROTEIN 2g; CARB 15g; FIBER 3g; CHOL 11mg; IRON 1mg; SODIUM 326mg; CALC 65mg

#### BAKED RUTABAGA WITH "RED-EYE" TOMATO SAUCE

Hands-on: 15 min.
Total: 2 hr. 25 min.
Gently baking rutabaga
preserves its subtle vegetal
nuance, which would be easily
overpowered by caramelization
in a roasting scenario.

- 1½ tablespoons fresh thyme leaves, divided
  - 2 teaspoons coarsely ground coffee beans
- $1\frac{1}{2}$  teaspoons sugar



- 1 teaspoon kosher salt, divided
- 5/8 teaspoon freshly ground black pepper, divided
- 1/2 teaspoon garlic powder
- 4 plum tomatoes, halved lengthwise
- 2 tablespoons extra-virgin olive oil, divided
- 1½ pounds rutabaga, peeled, halved crosswise, and cut into wedges
- 1/3 cup water
- 1½ tablespoons unsalted butter, softened
- 1. Preheat oven to 350°.

**2.** Combine 1 tablespoon thyme, coffee beans, sugar, ½ teaspoon salt, ½ teaspoon pepper, and garlic powder in a bowl. Place tomatoes and 1 tablespoon oil in a bowl; toss to coat. Sprinkle coffee mixture over tomatoes; toss to coat. Arrange tomatoes, cut side up, on a rack placed inside a jelly-roll pan. Bake at 350° for 1 hour and 20 minutes or until skins begin to pull away from sides of tomatoes. Remove from oven; cool slightly. Peel tomatoes; discard peels.

Place tomatoes in a food processor; pulse 5 times or until chopped. Add 1 to 2 tablespoons water to loosen to saucy consistency.

- 3. Combine rutabaga and ½ cup water in a 13 x 9–inch glass or ceramic baking dish. Drizzle with remaining 1 tablespoon oil; sprinkle with ½ teaspoon salt. Cover dish with foil. Bake at 350° for 50 minutes or until tender.
- **4.** Transfer hot rutabaga to a large bowl using a slotted spoon; add butter to bowl. Sprinkle with remaining

½ teaspoon salt and remaining ½ teaspoon pepper; toss until butter melts. Add half of tomato sauce; toss to coat. Top servings with remaining sauce and remaining 1½ teaspoons thyme leaves. Serve immediately.

SERVES 6 (serving size: ½ cup)
CALORIES 129; FAT 79g (sat 2.5g, mono
4.4g, poly 0.7g); PROTEIN 2g; CARB
14g; FIBER 4g; CHOL 8mg; IRON 1mg;
SODIUM 347mg; CALC 66mg





#### ROASTED RED AND GOLDEN BEET SALAD

Hands-on: 15 min. Total: 1 hr. 35 min.

This composed two-toned beet salad is a showstopping way to highlight the vegetable's natural beauty. We recommend dressing the red beets separately from the golden beets to preserve each one's rich jewel coloring (red beets aren't shy about spreading their natural beauty around).

- 1 pound red beets (about 3 medium beets), trimmed
- (about 3 medium beets), trimmed
- 2½ tablespoons extra-virgin olive oil

1 pound golden beets

- 1 tablespoon red wine vinegar
- $1\frac{1}{2}$  teaspoons honey
- 1/2 teaspoon minced garlic
- 1/4 teaspoon kosher salt, divided
- 1/8 teaspoon freshly ground black pepper
- 4 cups chopped watercress
- 2 ounces goat cheese, crumbled (about ½ cup)

- **1.** Preheat oven to 375°.
- 2. Wrap beets in foil. Bake at 375° for 1 hour and 20 minutes or until tender. Remove beets from oven; remove from foil. Cool.
- **3.** Combine oil, vinegar, honey, garlic, ½ teaspoon salt, and pepper in a medium bowl, stirring with a whisk. Pour half of oil mixture into a separate medium bowl. Spread watercress over a large serving platter.
- **4.** Remove skin from cooled beets; cut each beet into 8 wedges. Add red beets to

one bowl of oil mixture; toss to combine. Add yellow beets to other bowl of oil mixture; toss to combine. Arrange beet wedges over watercress; sprinkle evenly with remaining ½ teaspoon salt and cheese. Drizzle with any remaining vinaigrette from bowl used to dress golden beets.

SERVES 6 (serving size: <sup>2</sup>/<sub>3</sub> cup watercress and about 8 beet wedges) CALORIES 149; FAT 7.9g (sat 2.2g, mono 4.6g, poly 0.7g); PROTEIN 5g; CARB 16g; FIBER 4g; CHOL 4mg; IRON 2mg; SODIUM 242mg; CALC 66mg

#### BUTTERMILK-BEET SHERBET WITH HAZELNUT BRITTLE

#### Hands-on: 15 min. Total: 1 hr. 30 min.

If carrots can go into cake, there's no reason beets can't make their way into ice cream. It's a stunning dessert—absurdly delicious with a gorgeous magenta hue.

- 8 ounces red beets, washed and trimmed
- 1 cup whole buttermilk
- 1 cup sugar, divided
- $\frac{1}{2}$  cup half-and-half
- 2 tablespoons fresh orange juice
- 3/8 teaspoon kosher salt, divided
- 1/2 vanilla bean, split lengthwise

#### Cooking spray

- 1/4 cup coarsely chopped toasted hazelnuts
- ½ teaspoon canola oil
- 1. Preheat oven to 375°.
- 2. Wrap beets in foil. Bake at 375° for 1 hour and 20 minutes or until tender. Remove beets from oven; remove foil. Cool.
- 3. Remove skin from cooled beets; cut beets in half. Combine beets, buttermilk, ½ cup sugar, half-and-half, juice, and ⅓ teaspoon salt in a blender. Scrape seeds from vanilla bean into blender; discard pod. Process mixture 2 minutes or until smooth. Pour into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Transfer to an airtight container; freeze.
- **4.** Coat a jelly-roll pan with cooking spray. Place remaining ½ cup sugar in a saucepan over medium-high heat, stirring constantly with a silicone spatula. Cook

5 minutes or until sugar is completely melted and an amber color, stirring constantly. Remove from heat; immediately stir in nuts and remaining ¼ teaspoon salt. Spread on prepared pan; cool 7 minutes. Break brittle into pieces; combine with oil in a food processor. Pulse until mixture is coarsely ground. Sprinkle hazelnut mixture evenly over sherbet.

SERVES 6 (serving size: ½ cup sherbet and 2 tablespoons hazelnut mixture)

CALORIES 234; FAT 7.1g (sat 2.5g, mono 3.5g, poly 0.7g); PROTEIN 3g; CARB 41g; FIBER 2g; CHOL 12mg; IRON 1mg; SODIUM 201mg; CALC 80mg

## Celery, Root



#### **CELERY ROOT SLAW**

#### Hands-on: 20 min. Total: 50 min.

A bistro classic, slaw is among the most widely embraced applications for this peppery root. Like many greats, the dish's appeal is in its simplicity—a tangy dressing matched with crisp veggie, polished with parsley.

- 1/4 cup canola mayonnaise
- 2 tablespoons plain 2% reduced-fat Greek yogurt
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1 tablespoon cider vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

- 1 (1<sup>3</sup>/<sub>4</sub>-pound) celery root
- 1/4 cup chopped fresh flatleaf parsley

**1.** Combine first 7 ingredients in a large bowl, stirring with a whisk. Peel and cut celery root into matchsticks. Add celery root and parsley to dressing; toss to coat. Let stand 30 minutes.

SERVES 8 (serving size: about ½ cup)
CALORIES 65; FAT 2.2g (sat 0.1g, mono
1.2g, poly 0.8g); PROTEIN 2g; CARB
10g; FIBER 2g; CHOL Omg; IRON 1mg;
SODIUM 257mg; CALC 47mg

## CELERY ROOT SCHNITZEL WITH CABBAGE-APPLE SLAW

#### Hands-on: 35 min. Total: 48 min.

Our twist on a classic fried pork or chicken cutlet is inspired by a dish on chef Andrew Carmellini's menu at Little Park in New York.

#### Slaw:

- ½ teaspoon caraway seeds
- 1½ tablespoons olive oil
- $1\frac{1}{2}$  tablespoons cider vinegar
- $1\frac{1}{2}$  teaspoons sugar
- ½ teaspoon kosher salt
- 3 cups very thinly sliced red cabbage
- 1 small Granny Smith apple, very thinly sliced

#### Schnitzel:

- 8 cups water
- 2 bay leaves
- 1 (1<sup>3</sup>/<sub>4</sub>-pound) celery root, peeled and cut into 8 slices (about <sup>3</sup>/<sub>8</sub> inch thick)
- $\frac{1}{2}$  teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1/4 cup cornstarch
- 1/4 cup plain 2% reduced-fat Greek yogurt
- 2 large eggs, lightly beaten
- 1 cup whole-wheat panko
- 2 tablespoons olive oil, divided

#### 1 tablespoon butter, divided

#### Cooking spray Lemon wedges

- 1. To prepare slaw, heat a skillet over medium heat. Add caraway seeds; cook 2 minutes, stirring occasionally. Combine seeds and next 4 ingredients in a bowl, stirring with a whisk. Add cabbage and apple; toss well to combine. Cover and chill.

  2. To prepare schnitzel,
- bring 8 cups water and bay leaves to a boil in a Dutch oven. Add celery root; cover, reduce heat, and simmer 14 minutes. Place root in a bowl of ice water; let stand 3 minutes. Drain and pat dry with paper towels. Sprinkle slices evenly with ½ teaspoon salt and black pepper.
- 3. Place cornstarch in a shallow bowl. Combine yogurt and eggs in a shallow bowl. Place panko in a shallow bowl. Dredge and sprinkle celery root slices with cornstarch, shaking off excess. Dip in egg mixture, and dredge in panko.
- 4. Heat a skillet over medium-high heat. Add 1 tablespoon oil and 1½ teaspoons butter to pan. Lightly coat celery root with cooking spray. Add 4 celery root slices to pan; cook 3 to 4 minutes on each side or until browned. Place cooked celery root on a wire rack. Repeat procedure with remaining 1 tablespoon oil, 1½ teaspoons butter, and 4 celery root slices. Serve with slaw and lemon wedges.

**SERVES 4** (serving size: 2 celery root slices and about <sup>3</sup>/<sub>4</sub> cup slaw)

**CALORIES** 375; **FAT** 18.5g (sat 4.6g, mono 10.4g, poly 21g); **PROTEIN** 10g; **CARB** 45g; **FIBER** 7g; **CHOL** 102mg; **IRON** 3mg; **SODIUM** 587mg; **CALC** 106mg

## Turnips-



#### QUICK-PICKLED BABY TURNIPS

Hands-on: 10 min. Total: 1 hr. 15 min.

Look for baby turnips with the greens on them for an elegant look that will wow. Trim greens to about ½ inch from the top of the bulb; then slice turnips vertically.

- 1 cup cider vinegar
- 1 cup water
- 1/3 cup honey
- 2 tablespoons mustard seeds
- 1 tablespoon whole black peppercorns
- ½ teaspoon kosher salt
- 2 serrano chiles, halved lengthwise
- 2 garlic cloves, crushed
- 1 bay leaf
- 7 ounces baby turnips (about 3 cups), very thinly sliced
- 1 cup vertically sliced red onion
- 1. Combine first 9 ingredients in a medium saucepan; bring to a boil. Reduce heat; simmer 5 minutes. Remove from heat; cool 10 minutes. Place turnip and onion in a bowl; pour vinegar mixture over turnip mixture. Cool completely. Serve immediately, or cover tightly and refrigerate up to 1 week.

SERVES 8 (serving size: about 1/4 cup)
CALORIES 30; FAT 0.2g (sat 0g, mono 0g, poly 0g); PROTEIN 0g; CARB 7g; FIBER 1g; CHOL 0mg; IRON 0mg; SODIUM 32mg; CALC 15mg

## SAVORY TURNIP GRATIN WITH GREENS

Hands-on: 25 min.
Total: 1 hr. 40 min.
Clear a place of honor on
the Thanksgiving table for this
creamy and exceptionally
comforting casserole.

- 1 tablespoon canola oil
- 2 cups chopped leek
- 1 tablespoon chopped fresh thyme
- tablespoon chopped fresh sage
- 3 cups chopped turnip greens
- 1<sup>1</sup>/<sub>2</sub> pounds small turnips, peeled and cut into <sup>1</sup>/<sub>8</sub>-inch-thick slices, divided
  - 1 pound baking potatoes, peeled and cut into 1/8-inch-thick slices, divided
  - 1 cup water
  - 1 cup 2% reduced-fat milk
  - 5 garlic cloves
  - 4 teaspoons all-purpose flour
- 3/4 teaspoon kosher salt
- 1/2 teaspoon black pepper Cooking spray
- 4 ounces Gruyère cheese, shredded (about 1 cup)
- **1.** Preheat oven to 350°.
- 2. Heat a skillet over medium-high heat. Add oil to pan. Add leek, thyme, and sage; cook 3 minutes. Add greens; cook 2 minutes. Remove leek mixture from pan; place in a bowl.
- **3.** Combine 1 cup turnips, 1 cup potatoes, 1 cup water, milk, and garlic in a saucepan; bring to a boil over medium-high heat. Reduce heat to medium-low; simmer 10 minutes. Place milk mixture, flour, salt, and pepper in a blender. Remove center piece of blender

- lid; secure blender lid on blender. Place a clean towel over opening in lid. Blend until smooth.
- **4.** Coat a broiler-safe 2-quart oval ceramic baking dish with cooking spray. Arrange half of remaining turnips and half of remaining potatoes in dish; top evenly with leek mixture and \(^1\frac{4}{4}\) cup cheese. Top with remaining turnips and remaining potatoes. Pour milk mixture evenly over top. Cover tightly with foil. Bake at 350° for 45 minutes. Uncover; bake at 350° for 20 minutes. Remove dish from oven. Heat broiler to high. Sprinkle gratin with remaining 3/4 cup cheese. Broil 3 minutes.

SERVES 8 (serving size: ½ cup)
CALORIES 187; FAT 7.3g (sat 3.3g, mono 2.7g, poly 0.9g); PROTEIN 8g; CARB 24g; FIBER 3g; CHOL 18mg; IRON 2mg; SODIUM 315mg; CALC 272mg





#### **GLAZED PARSNIPS**

Hands-on: 13 min. Total: 13 min.

This side dish comes together in minutes, making it an ideal match for a more labor-intensive entrée.

- 1 pound parsnips
- $\frac{1}{2}$  cup dry white wine
- 1/2 cup unsalted vegetable stock
- 1 tablespoon unsalted butter
- 2 teaspoons brown sugar
- 1/4 teaspoon kosher salt

- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon fresh thyme leaves
- 1. Cut parsnips diagonally into ½-inch-thick slices. Combine parsnips, wine, and stock in a skillet; bring to a boil. Partially cover; reduce heat, and simmer 8 minutes or until liquid is reduced to ¼ cup. Add butter, sugar, salt, and pepper; cook 1 minute, stirring. Stir in thyme.

SERVES 4 (serving size: about ½ cup)
CALORIES 146; FAT 3.2g (sat 1.9g, mono
0.9g, poly 0.2g); PROTEIN 2g; CARB
24g; FIBER 6g; CHOL 8mg; IRON 1mg;
SODIUM 164mg; CALC 47mg

## PARSNIP RIBBONS WITH MISO VINAIGRETTE

Hands-on: 8 min. Total: 8 min.

A little sweet, a little salty, a bit of toasty, and a touch of tang—the makings of a grade-A salad

- 2 tablespoons rice vinegar
- 1 tablespoon olive oil
- 1 tablespoon white miso
- ½ teaspoon sugar
- 1/4 teaspoon black pepper
- 10 ounces parsnips (about 2 large)
- 10 ounces carrots (2 large)
- 1/2 cup fresh cilantro leaves
- 1 tablespoon toasted sesame seeds
- 1. Combine first 5 ingredients in a bowl, stirring with a whisk. Shave parsnips and carrots with a vegetable peeler to equal 4 cups, omitting parsnip cores. Add parsnip mixture and cilantro to dressing; toss to coat. Sprinkle with sesame seeds.

SERVES 4 (serving size: about <sup>3</sup>/<sub>4</sub> cup)
CALORIES 133; FAT 4.7g (sat 0.7g, mono 29g, poly 0.9g); PROTEIN 3g; CARB 22g; FIBER 7g; CHOL 0mg; IRON 1mg; SODIUM 192mg; CALC 52mg

-Recipes by the CL Kitchen



Sure we made that word up.

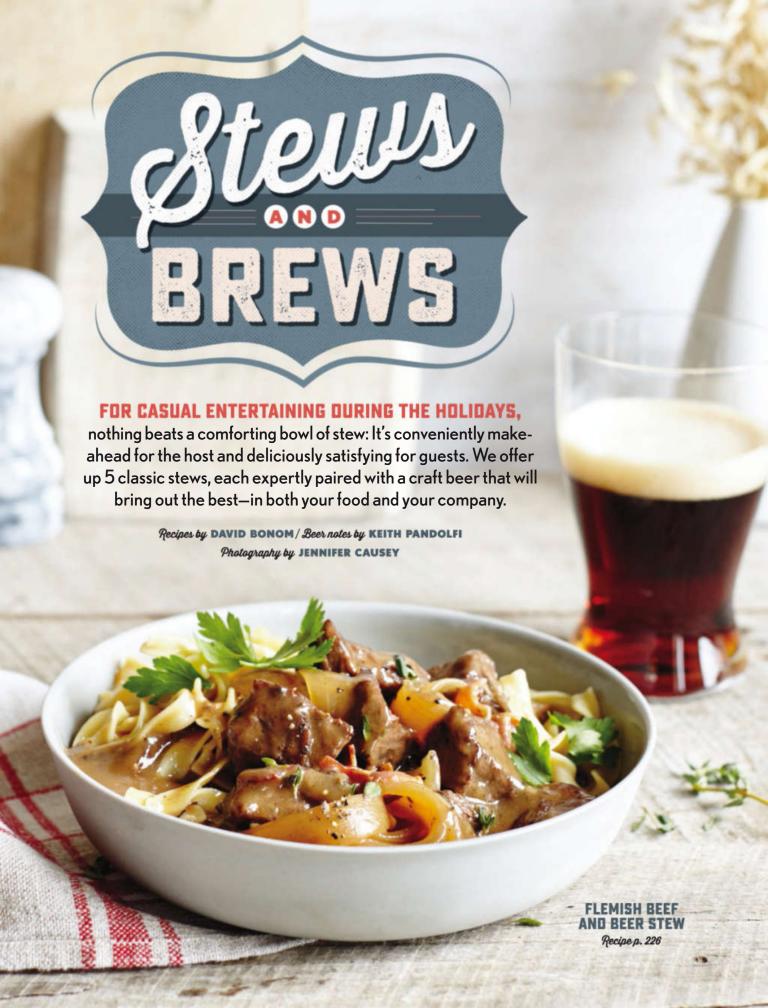
But here are a few words we didn't.

100% whole grain,

whole lot of delicious.



UNIQUE IN EVERY WAVE"







#### CHICKEN, APPLE, AND BUTTERNUT STEW

Hands-on: 35 min. Total: 60 min.

Cider, chopped apple, butternut squash, and parsnips lend appealingly forward sweetness to this fall harvest stew. Unfiltered apple cider has pectins that help thicken the stew. If you use filtered, clear cider, add another tablespoon of flour.

- 2 pounds skinless, boneless chicken thighs, cut into 1-inch pieces
- 1<sup>1</sup>/<sub>4</sub> teaspoons kosher salt, divided
  - teaspoon freshly ground black pepper, divided
  - 2 tablespoons olive oil, divided
- $1\frac{1}{2}$  cups chopped onion
  - 2 tablespoons chopped fresh sage
  - 1 tablespoon minced peeled fresh ginger
  - 3 cups (3/4-inch) cubed peeled butternut squash
  - 1 cup (<sup>3</sup>/<sub>4</sub>-inch) diced peeled parsnip

- 3 tablespoons all-purpose flour
- 1½ cups unfiltered apple cider
- 1½ cups unsalted chicken stock
  - 2 cups chopped peeled Granny Smith apple
- 1. Sprinkle chicken with ½ teaspoon salt and ¼ teaspoon pepper. Heat a large Dutch oven over mediumhigh heat. Add 1 tablespoon oil to pan; swirl to coat. Add half of chicken to pan; sauté 6 minutes or until browned. Remove chicken from pan. Repeat procedure with remaining chicken.
- 2. Reduce heat to medium; add remaining 1 tablespoon oil to pan. Add onion, sage, and ginger; cook 2 minutes, stirring occasionally. Add squash and parsnip; cook 2 minutes, stirring occasionally. Sprinkle vegetables with flour;

#### Leffe Bland Ale ABV 6.6%

With whispers of clove, apple, and pear, Leffe Blond, a spicy, smooth Belgian ale, blends seamlessly with the warm autumnal flavors of this hearty seasonal stew. Its slight bitterness tempers the dish's sweetness, and its fizzy carbonation reawakens the palate between each delicious spoonful.



cook 1 minute, stirring occasionally. Stir in cider and stock, scraping pan to loosen browned bits. Stir in chicken, remaining ¾ teaspoon salt, and remaining ¾ teaspoon pepper; bring to a simmer. Reduce heat, partially cover, and simmer 25 minutes. Stir in apple; cook 5 minutes.

SERVES 6 (serving size: 1½ cups)
CALORIES 364; FAT 11.5g (sat 2.9g, mono 3.3g, poly 0.6g); PROTEIN 35g; CARB 34g; FIBER 4g; CHOL 0mg; IRON 3mg; SODIUM 584mg; CALC 85mg





#### LAMB TAGINE WITH LEMON AND OLIVES

Hands-on: 40 min. Total: 1 hr. 50 min.

- 2 pounds boneless leg of lamb, trimmed and cut into 1-inch pieces
- 3/4 teaspoon kosher salt, divided
- 1/4 teaspoon ground red pepper, divided
- tablespoon olive oil, divided
- 1 cup chopped yellow onion
- 1 tablespoon minced peeled fresh ginger
- 1 teaspoon ground roasted cumin
- ½ teaspoon ground cinnamon
- 1/8 teaspoon crushed saffron threads
- 3 garlic cloves, minced
- 3 cups unsalted chicken stock
- 4 medium carrots, peeled and cut diagonally into 1-inch pieces
- ½ cup golden raisins
- 18 pitted green olives, rinsed, drained, and halved
- 1/4 cup chopped fresh cilantro
- 3 tablespoons lemon juice
- 3 cups hot cooked whole-wheat couscous
- 1. Sprinkle lamb with ½ teaspoon salt and ½ teaspoon red pepper. Heat a large Dutch oven over medium-high heat. Add 2 teaspoons oil to pan; swirl to coat. Add half of lamb; sauté 5 minutes or until browned. Remove lamb from pan; place on a plate. Repeat with remaining lamb.

  2. Add remaining 1 tea-
- 2. Add remaining 1 teaspoon oil to pan. Add remaining ½ teaspoon red pepper, onion, and next 5 ingredients (through garlic); sauté 2 minutes. Stir in lamb, any accumulated juices, and stock; bring to a simmer. Cover, reduce heat

to medium-low, and cook 15 minutes. Stir in carrots and remaining ½ teaspoon salt. Partially cover; cook 1 hour. Add raisins and olives. Remove from heat; add cilantro and juice. Serve with couscous.

SERVES 6 (serving size: ½2 cup couscous and about ¾4 cup stew)

CALORIES 414; FAT 12.7g (sat 3.9g, mono 6g, poly 0.8g); PROTEIN 38g; CARB 37g; FIBER 3g; CHOL 95mg; IRON 4mg; SODIUM 530mg; CALC 63mg



#### POSOLE

Hands-on: 35 min. Total: 1 hr. 55 min.

- 2 stemmed seeded dried ancho chiles
- $\begin{array}{cc} 2^{1\!\!/_{\!2}} & \text{cups unsalted chicken} \\ & \text{stock} \end{array}$

- 2 tablespoons olive oil, divided
- 2 pounds boneless pork shoulder (Boston butt), cut into 1-inch pieces
- teaspoon kosher salt, divided
- 2 cups chopped white onion, divided
- 6 garlic cloves, minced
- 1½ teaspoons dried oregano
- 3/4 teaspoon ground coriander
- 3/4 teaspoon ground cumin
  - 1 (14.5-ounce) can unsalted fire-roasted diced tomatoes
- 2 (15-ounce) cans white hominy, rinsed and drained

#### Cooking spray

- 3 (6-inch) corn tortillas, halved and cut into 1/4-inch strips
- 1 cup thinly sliced radishes
- 1/2 cup fresh cilantro leaves

- 1. Heat a small skillet over medium heat. Add chiles to pan; cook 1 minute or until toasted, turning occasionally. Place chiles in a medium bowl; add 3 cups boiling water. Let stand 15 minutes. Drain chiles; discard liquid. Place chiles in a blender. Add stock; blend until smooth. Set aside.
- 2. Heat a large Dutch oven over medium heat. Add 1 tablespoon oil. Sprinkle pork with ½ teaspoon salt. Add half of pork to pan; cook 6 minutes or until browned, turning occasionally. Place browned pork on a plate. Repeat procedure with remaining pork.
- 3. Add 1 teaspoon oil to pan. Add 11/2 cups onion and garlic; cook 3 minutes, stirring occasionally. Add oregano, coriander, and cumin; cook 30 seconds, stirring constantly. Add reserved chile mixture, tomatoes, pork and accumulated juices, and remaining ½ teaspoon salt; bring to a simmer. Reduce heat, and cook, partially covered, 1 hour. Stir in hominy; simmer, partially covered, 20 minutes or until pork is tender.
- 4. Preheat oven to 425°.
- **5.** Coat a baking sheet with cooking spray. Toss tortilla strips with remaining 2 teaspoons oil. Spread strips on prepared baking sheet in a single layer; bake at 425° for 7 minutes or until strips are browned and crisp.
- **6.** Place 1 cup stew in each of 8 bowls. Top each serving with 2 tablespoons radish and 1 tablespoon cilantro. Top servings with remaining onion and tortilla strips.

#### SERVES 8

 $\begin{array}{l} \textbf{CALORIES} \ 305; \ \textbf{FAT} \ 12.6g \ (\mathsf{sat} \ 3.4g, \ \mathsf{mono} \\ 6.3g, \ \mathsf{poly} \ 1.7g); \ \textbf{PROTEIN} \ 26g; \ \textbf{CARB} \\ 20g; \ \textbf{FIBER} \ 4g; \ \textbf{CHOL} \ 76mg; \ \textbf{IRON} \ 3mg; \\ \textbf{SODIUM} \ 520mg; \ \textbf{CALC} \ 55mg \end{array}$ 



## Versatile Beers to Try

#### 1. SIERRA NEVADA KELLERWEIS HEFEWEIZEN ABV 4.8%

A smoky take on traditional German kellerweis. Try with red-meat stews.

#### 2. DOGFISH HEAD 60-MINUTE IPA ABV 6%

Hoppy but well balanced. Stands up to bold-flavored or spicy stews.

#### 3. NARRAGANSETT LAGER ABV 5%

Old-school, macro-lager style from Rhode Island. Goes well with pretty much anything.

#### 4. AECHT SCHLENKERLA EICHE ABV 8%

High-octane double bock with pronounced smoky, almost bacony flavor. Pair with hearty pork or beef stews.

#### 5. ROGUE SHAKESPEARE STOUT ABV 6.1%

Malt and chocolate notes; creamy mouthfeel.

A good all-purpose stew pairing.

#### Stews & Brews RECIPES



#### **VEGGIE CASSOULET**

Hands-on: 55 min. Total: 1 hr. 20 min.

A looser, brothier version of the classic French meat-and-bean casserole, this stew delivers umami satisfaction from porcini mushrooms and rich, nutty Parmesan cheese.

- 3 cups unsalted vegetable stock
- 1/2 ounce dried porcini mushrooms (about 1/2 cup)
- 1/4 cup extra-virgin olive oil, divided
- 4 cups chopped vellow onion
- 1 sweet potato, peeled and cut into <sup>3</sup>/<sub>4</sub>-inch pieces (about 12 ounces)
- 1 turnip, peeled and cut into <sup>3</sup>/<sub>4</sub>-inch pieces (about 8 ounces)
- 1 fennel bulb, cut into 1-inch pieces (about 8 ounces)
- 2 teaspoons fresh thyme leaves, divided
- 2 tablespoons unsalted tomato paste
- ½ cup dry white wine, such as sauvignon blanc
- 1 cup water
- 1 bay leaf
- 2 (15-ounce) cans unsalted white kidney beans, rinsed and drained
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons unsalted butter
- 1<sup>1</sup>/<sub>4</sub> cups fresh breadcrumbs
- 1.5 ounces grated Parmesan cheese (about 1/3 cup)

- 1. Bring stock to a boil in a small saucepan; add porcini mushrooms. Remove pan from heat; let stand 15 minutes. Strain stock through a fine sieve over a bowl; reserve stock mixture. Chop mushrooms.
- 2. Heat a large Dutch oven over medium heat. Add 3 tablespoons oil. Add onion; cook 10 minutes or until lightly browned, stirring occasionally. Add potato, turnip, fennel, and 1 teaspoon thyme; cook 10 minutes or until vegetables are slightly tender, stirring occasionally. Add tomato paste; cook 2 minutes, stirring frequently. Add wine; cook 2 minutes. Stir in stock, 1 cup water, bay leaf, and chopped mushrooms; bring to a simmer. Reduce heat to medium-low, and cook, partially covered, 25 minutes. Stir in beans; return to a simmer, and cook, partially covered, 10 minutes or until vegetables are tender. Remove from heat; stir in salt and pepper. **3.** Preheat broiler to HIGH.
- Melt butter in a medium nonstick skillet over medium heat. Add breadcrumbs; cook 3 minutes or until breadcrumbs are lightly toasted, stirring occasionally. Remove from heat. Stir in cheese and remaining 1 teaspoon thyme. Let stand 5 minutes. Sprinkle breadcrumb mixture evenly over cassoulet. Broil 1 minute or until breadcrumbs are browned. Drizzle each serving with ½ teaspoon remaining oil.

SERVES 6 (serving size: about 11/3 cups)
CALORIES 370; FAT 15.3g (sat 4.6g, mono 8g, poly 1.3g); PROTEIN 11g; CARB 45g;
FIBER 10g; CHOL 14mg; IRON 3mg;
SODIUM 581mg; CALC 164mg



#### FLEMISH BEEF AND BEER STEW

Hands-on: 40 min. Total: 1 hr. 40 min.

- 4 center-cut bacon slices
- 2 pounds boneless chuck roast, trimmed and cut into 1-inch pieces
- 1<sup>1</sup>/<sub>4</sub> teaspoons kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1 teaspoon olive oil
- 2 cups sliced yellow onion
- $\frac{1}{2}$  teaspoon dried thyme
- 3 garlic cloves, minced
- 1.5 ounces all-purpose flour (about 1/3 cup)
- 2 cups unsalted beef stock
- 2 tablespoons brown sugar
- 2 tablespoons cider vinegar
- 2 bay leaves
- 1 (12-ounce) bottle
  Belgian-style brown ale
  (such as Petrus Oud
  Bruin or Leffe)
- 4 cups hot cooked medium egg noodles (about 3 cups pasta)
- 2 tablespoons chopped fresh parsley
- 1. Heat a large Dutch oven over medium heat. Add bacon to pan; cook 5 minutes or until crisp. Place bacon on paper towels; let stand 3 minutes. Chop.
- 2. Sprinkle beef with <sup>3</sup>/<sub>4</sub> teaspoon salt and <sup>1</sup>/<sub>4</sub> teaspoon pepper. Add oil to pan. Add half of beef; cook 6 minutes or until browned,

turning occasionally. Place browned beef on a plate. Repeat with remaining beef. 3. Add onion, thyme, and garlic to pan; cook 8 minutes or until lightly browned, stirring occasionally. Weigh or lightly spoon flour into a dry measuring cup. Sprinkle flour evenly over onion mixture; cook 1 minute, stirring constantly. Stir in stock, sugar, vinegar, bay leaves, beer, and bacon; bring to a simmer. Add beef, remaining ½ teaspoon salt, and ½ teaspoon pepper; cover, reduce heat, and simmer 1 hour or until beef is tender. Discard bay leaves. **4.** Place about <sup>2</sup>/<sub>3</sub> cup noodles in each of 6 bowls. Top each serving with about 1 cup stew; sprinkle each with 1 teaspoon parsley.

#### SERVES 6

CALORIES 403; FAT 9.6g (sat 3.3g, mono 3.2g, poly 0.4g); PROTEIN 41g; CARB 36g; FIBER 2g; CHOL 135mg; IRON 4mg; SODIUM 632mg; CALC 56mg



Aged for two years in oak barrels, this Flemish-style oud bruin (old brown ale) walks the line between sweet and sour, and tastes like a combination of brown ale and burgundy wine. Add to that its hints of plum, black cherry, and brown sugar, and it's the perfect base—and accompaniment—for this hearty beef stew.



# The Authentic, Naturally Fragrant Gourmet Rice!





In which a Birmingham editor renews his mentorship with a New York City chef through a new cookbook brimming with big ideas.

STORY BY HUNTER LEWIS RECIPES BY JUSTIN SMILLIE

he only time I've ever thought about stabbing anyone was one Indian summer night in 2006, while cooking on the line at Barbuto, a restaurant on the fringes of New York City's West Village. My would-be weapon was my 10.5-inch Glestain chef's knife. My would-be victim was my 26-yearold chef de cuisine Justin Smillie, a 6-foot-6-inch, 220-pound polar bear barking orders and hurling insults across the stainless steel pass, berating me for not keeping up with tickets for ever more pork chops, skirt steaks, and chickens sizzling on my station's hulking iron grill and oven.

Smillie kicked me off the line. I walked a few blocks west to the bank of the Hudson River and sat on a bench looking out into the dark maw. I thought about quitting. And for whatever reason I went back to face my tormentor. I always went back.

#### **SLOW FIRES**

I boarded the pirate ship Barbuto in 2005 as a 27-year-old interloper, a former newspaperman and aspiring food writer seeking legitimacy in the





rough seas of restaurant work. I had worked stints as a prep cook and short-order cook before, but I couldn't hold a knife properly. I didn't understand how to control heat, much less fold a side towel correctly to clean my station. Smillie taught me these things and much more. He broke me down and built me back up as a professional cook. That's when I fell in love with the cooking life.

Now I'm the editor of Cooking Light, and Justin is the chef-partner of Upland—a gorgeous Californiacentric restaurant in Manhattanand the author of the new cookbook Slow Fires: Mastering New Ways to Braise, Roast, and Grill. The culinary Stockholm syndrome wore off years ago; tormentor is now close friend. As I sat at my kitchen table in Birmingham, Alabama, dog-earing the pages of his cookbook, I realized how differently I cook now than I did 10 years ago. We all fall into ruts, but I'd plowed headlong into a ditch while cooking for my young family—the culinary equivalent of dad jeans. Fatherhood and suburbia had conspired to mellow my cooking edge. So I resolved to sharpen my knives, renew my mentorship with Smillie by cooking from his book, and share some of his hard-won lessons along the way.

My first course of study was a recipe for chicken legs braised in peperonata, an Italian pepper stew. Like the other 51 braised, roasted, or grilled meals in *Slow Fires*, this is a project meant for leisurely weekend cooking. The approach delivers robust restaurant tastes and textures by "building flavor from the bottom up" through a progression of straightforward techniques and steps spread out over the course of two or three days.



#### SMILLIE'S 3 KEYS TO BRAISING BEEF



Brine the meat to season it to the bone. Then drain, pat dry, and refrigerate until dry and tacky. This will encourage better browning later.



Brown the meat at a steady sizzle, working in batches. If the fond gets too dark, remove meat and deglaze with a splash of water. Save the drippings, and start the next batch.



Gently braise the meat until it pulls away from the bone but does not collapse. It should be tender but bouncy. Inhale: "That scent is part of the reward."



"Lavish time and attention on each step of this recipe and you will get a delicious tutorial on the basics of braising," writes Smillie.

#### Red Wine—Braised Beef

Hands-on: 1 hr. 47 min. Total: 16 hr.

This and the following recipes were adapted from Slow Fires. Feel free to substitute oxtails or beef shanks for the short ribs.

- $\frac{1}{2}$  gallon water
- 6 tablespoons kosher salt
- 1/4 cup brown sugar
- 2 tablespoons cracked black peppercorns
- 1 tablespoon toasted coriander seeds
- 1 tablespoon toasted mustard seeds
- 1 tablespoon crushed red pepper
- 6 thyme sprigs
- 4 (1-inch) strips lemon rind
- 1 garlic head, halved crosswise
- 6 (8-ounce) bone-in beef short ribs
- 6 tablespoons olive oil, divided
- 2 teaspoons freshly ground black pepper
- 3 cups finely chopped onion
- $1\frac{1}{2}$  cups finely chopped celery
- 1 cup finely chopped carrot
- 12 garlic cloves, finely grated
- 2 tablespoons unsalted tomato paste
- 3 anchovy fillets, rinsed and chopped
- 2 tablespoons chopped fresh oregano
- 2 tablespoons smoked paprika
- 1 cup red wine
- $\frac{1}{2}$  cup red wine vinegar
- 1/4 cup light agave nectar
  - 4 cups unsalted chicken stock
  - 3 tablespoons chopped fresh parsley
  - 2 teaspoons grated lemon rind
  - 3 garlic cloves, minced
    - **1.** Combine first 10 ingredients in a Dutch oven over high heat. Cook 8 minutes or until salt and sugar dissolve,

stirring occasionally; remove from heat. Cool completely. Place beef in brine; cover and refrigerate overnight.

- **2.** Remove beef from brine; pat dry. Refrigerate, uncovered, 6 to 24 hours or until dry and tacky.
- 3. Heat a large enameled cast-iron Dutch oven over medium heat. Add 3 table-spoons oil; swirl to coat. Season beef with pepper. Place half of beef in pan; cook 15 minutes, turning to brown on all sides. Remove from pan. Discard oil. Repeat procedure with remaining 3 tablespoons oil and beef, reserving 1 tablespoon oil in pan.
- 4. Preheat oven to 325°. Add onion, celery, carrot, and grated garlic cloves to pan; cook 15 minutes, stirring frequently to scrape up browned bits. Add tomato paste and anchovies; cook 5 minutes, stirring frequently. Add oregano and paprika; cook 1 minute. Add wine, vinegar, and agave; simmer 10 minutes or until liquid is almost gone. Add stock; bring to a simmer.
- **5.** Return beef to pan. Spoon vegetables over beef; simmer 5 minutes. Cover and braise at 325° for 3 hours, basting every 30 minutes.
- 6. Remove beef from pan. Cool liquid slightly; skim and discard fat from surface of liquid. Remove meat from bones; discard bones. Cut beef across the grain into slices. Bring vegetable mixture to a boil over medium-high heat; reduce heat, and simmer until reduced to 3 cups or until slightly thickened, stirring frequently. Return beef to pan. Refrigerate overnight, or serve immediately.

**7.** Combine parsley, rind, and garlic. Sprinkle over beef.

SERVES 8 (serving size: about <sup>2</sup>/3 cup beef mixture and about 1 <sup>1</sup>/2 teaspoons parsley mixture)
CALORIES 282; FAT 11.9g (sat 4g, mono 6.1g, poly 0.8g); PROTEIN 18g; CARB 20g; FIBER 3g; CHOL 42mg; IRON 3mg;
SODIUM 614mg; CALC 66mg

#### Marinated Savoy Cabbage

Hands-on: 17 min. Total: 1 hr. 27 min.

To give this slaw zing as a foil to braised beef, Smillie wilts cabbage in brine and then massages it with an acidic vinaigrette, softening the leaves' snappy bite.

- 4 cups water
- 2 teaspoons kosher salt
- 2 cupsice
- 2 pounds Savoy or napa cabbage, cored and separated into leaves
- 2 tablespoons white wine vinegar
- 1 teaspoon grated lemon rind
- 1½ tablespoons fresh lemon juice
- 1½ tablespoons extra-virgin olive oil
  - 1 tablespoon fish sauce
  - 2 tablespoons chopped fresh flat-leaf parsley
  - 1 tablespoon chopped fresh chives
- 1/4 teaspoon freshly ground black pepper
- 1. Combine 4 cups water and salt in a large bowl; stir with a whisk until salt dissolves. Add ice. Place cabbage in bowl; let stand 1 hour, tossing frequently. Drain cabbage; pat dry with paper towels. Tear into 2-inch pieces.
- 2. Combine vinegar and next 4 ingredients (through fish sauce) in a large bowl, stirring with a whisk. Add cabbage; toss to coat. Let stand 10 minutes. Sprinkle with parsley, chives, and pepper.

SERVES 8 (serving size: 1 cup)

CALORIES 44; FAT 2.7g (sat 0.4g, mono 2g, poly 0.3g); PROTEIN 2g; CARB 5g; FIBER 2g; CHOL 0mg; IRON 0mg; SODIUM 244mg; CALC 27mg

#### **Pork Chops Scottadito**

Hands-on: 53 min. Total: 9 hr.

Inspired by the late Italian cookbook author Marcella Hazan, Smillie simply flattens bone-in chops, rubs them with a pungent paste, and grills them until crispy.

- 2 (1-pound, 1-inch-thick) bone-in pork chops
- 3 tablespoons extra-virgin olive oil, divided
- 3 tablespoons chopped fresh sage
- tablespoon red wine vinegar
- 1 teaspoon kosher salt
- 1 teaspoon grated lemon rind
- 1/2 teaspoon coarsely ground green or black peppercorns
- 1 garlic clove, finely chopped Cooking spray
- 2 teaspoons fresh lime juice
- 1. Place pork on a cutting board between 2 sheets of plastic wrap; pound meaty parts to <sup>3</sup>4-inch thickness. Combine 2 tablespoons olive oil and next 6 ingredients (through garlic); rub oil mixture over both sides of pork. Refrigerate, uncovered, 8 hours or overnight.
- 2. Preheat grill to mediumhigh heat. Place pork on grill rack coated with cooking spray; grill 8 minutes, rotating 90 degrees every 2 minutes or until caramelized. Flip pork; grill 6 minutes, rotating to brown evenly. Place pork on a cutting board; let stand 5 minutes. Cut meat off bones; cut against the grain into slices. Drizzle with remaining olive oil and lime juice.

SERVES 4 (serving size: about 3 ounces)
CALORIES 297; FAT 18.4g (sat 3.8g, mono 10.4g, poly 2g); PROTEIN 30g; CARB 1g; FIBER 0g; CHOL 94mg; IRON 1mg; SODIUM 544mg; CALC 39mg

#### Coal-Roasted Sweet Potatoes

Hands-on: 30 min. Total: 1 hr. 38 min.

Roasting sweet potatoes in a lightly ashed-over bed of coals turns their flesh fluffy and smoky. Drizzle with sour cream, and garnish liberally for a riot of textures, colors, and tastes.

- 4 (8-ounce) white or orange sweet potatoes
- $\frac{1}{2}$  cup sour cream
- 2 tablespoons olive oil
- 1 tablespoon fresh lime juice
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup pomegranate arils
- 1/4 cup cilantro or flat-leaf parsley leaves
- 1/4 cup watercress or baby arugula
- 1/4 cup Castelvetrano olives, pitted and coarsely chopped (optional)

#### Lime wedges

- 1. Prepare a charcoal fire to medium-high. Let flames subside. Wrap potatoes in a double layer of foil. Nestle potatoes down into coals using tongs. Place a few coals on top. Roast potatoes 45 minutes or until very tender; remove from coals. Let stand 15 minutes.
- 2. Unwrap potatoes; cut into large wedges. Place on a large platter. Spoon sour cream over the top. Drizzle with oil and lime juice, and sprinkle with salt and pepper. Top with pomegranate, cilantro, watercress, and olives. Serve with lime wedges.

#### **SERVES 6**

CALORIES 210; FAT 7.8g (sat 3g, mono 3.3g, poly 0.5g); PROTEIN 3g; CARB 31g; FIBER 5g; CHOL 13mg; IRON 1mg; SODIUM 329mg; CALC 39mg

For an alternative oven method, place foil-wrapped potatoes in the very bottom of a 400° oven. Bake 30 minutes, turning a few times. Then move potatoes to a rack for 20 to 30 more minutes or until tender.







Step one calls for brining the chicken, a crucial method that makes the bird taste "of itself, only better and bolder," Smillie writes. Once brined, the chicken air-dries in the refrigerator overnight so the slackened skin tightens and turns tacky. Air-drying made it easier to brown in a Dutch oven the next day, filling my kitchen with the aroma of caramelizing meat. Peppers, onions, and garlic go into the crowded pot next and sweat down until they surrender themselves—then oregano, orange zest and juice, chile flakes, and vinegar, the tang that always sings in Smillie's food as a back note or top note. I nestled the chicken legs back into the stew and braised them uncovered, basting with the liquids, until chicken and pepper stew compromised into a rustic and refined one.

As I leaned over the fragrant pot and swiped a hunk of sourdough bread into the stew, I thought back to the late nights after our dinner shifts when Smillie and his cooks would BS over Brooklyn Lagers at our regular West Village haunt, Tavern on Jane. We talked about the canon of cookbooks that informed Barbuto's rustic Italy-by-way-of-California-and-France style, classic books by Richard Olney, Alice Waters, Judy Rodgers, and Paul Bertolli, whose writing inspired Smillie to temporarily ban all machines from the kitchen. He forced us to connect with the food. We pounded gallons of pesto by hand with mortar and pestle. "Good cooking is trouble," Bertolli wrote in Cooking by Hand, paraphrasing cookbook author Elizabeth David. "The learning never ends." Slow Fires shares a direct lineage with these authors; Smillie occupies a branch on the same culinary family tree.

Go figure: The guy I almost stabbed has his own instant classic.



# "The discovery of a new dish contributes more to the happiness of mankind than the discovery of a star."

#### THE ZEN MASTER

New York City's post-economic collapse and boom era ushered in a new wave of cool and casual joints. Barbuto helped pave the way for today's looser, ingredient-driven venues, and to cook there meant going down a rabbit hole where the seasonality of the farmers' markets dictated the pace of the day. It meant cooking chef-owner Jonathan Waxman's way, with soul and spontaneity. In Waxman's world, servers wore jeans, black T-shirts with the restaurant's shaggy dog emblem, and Chuck Taylors. In his world a Dixieland jazz band randomly marched through a packed dining room of bankers, supermodels, and neighborhood regulars on a busy Friday night and played "When the Saints Go Marching In."

Waxman broke the city's dining rules twice, first as a pioneer when he brought California cuisine east in 1984 with Jams (which he reincarnated this summer) and again when he opened Barbuto in a former car garage on Washington Street in 2004. More Zen philosopher than technician, Waxman is the kind of chef who will walk on the line in a T-shirt and shorts with a glass of rosé in hand to teach a sweating cook a lesson in searing squid: "Dude, dude, shut your eyes and listen. You hear that? Not hot enough. Dude. Listen to what the pan is telling you."

When I arrived, Smillie was spreading his wings as Waxman's chef, just as Waxman had done 26 years before as the young chef at Michael McCarty's eponymous restaurant in Santa Monica, 52 miles from where Smillie was born in Upland, California. At 15, Smillie moved with his family to New Jersey. By 17 he was working as a dishwasher

and crab boil cook. He dropped out of The Culinary Institute of America in Hyde Park, New York (where he delivered the commencement speech in September), and took his lumps in some of Manhattan's best restaurants, learning to dole them out, too. His short fuse and size intimidated us cooks, but we didn't stray because he could cook unlike anyone else—damn, could he cook. He connects with the food in a physical way, always tasting, smelling, prodding, and hunching his massive frame over a tiny pan to get closer to it.

"I love putting my hands on my food, feeling the salt between my fingers and knowing how those crystals will transform the ingredients before me," Smillie writes in *Slow Fires*. That same physicality shows up on the plate. You can taste primitive finesse in the way he staggers briny, funky, and acidic flavors. You can feel the craggy and frayed textures. You eat his food with your hands.

Both Waxman and Smillie were musicians, which makes sense: They play by feel. "We're very similar in many respects," Waxman told me. "I used to be a trombone player, and Justin was a trumpet player—they play all the high notes as fast as they can. Trombone players are more melodic ensemble players."

Waxman's signature melody is a roasted half chicken, a simple, confident dish. Smillie's high note is a peppercorn-crusted, pastrami-like short rib, a brawny, urban dish that inspired the late food writer Josh Ozersky to channel the epicure Jean Anthelme Brillat-Savarin and emote on YouTube, "The discovery of a new dish contributes more to the happiness of mankind than the discovery of a star."

Lacquered and lush, Upland glows golden at night. It has more midtown polish than steely downtown Barbuto, but it maintains the same air of spontaneity. This spring I witnessed one of Smillie's friends sing thanks for her supper by belting out an Italian opera song to a kitchen full of rapt cooks.

#### **SHARING THE EMBERS**

I recently invited work friends, all good cooks, over for dinner and hunkered down to continue my lessons from *Slow Fires*. I brined head-on shrimp as instructed and pureed garlic, roasted red peppers, and toasted bread with olive oil and smoked paprika to make the Spanish sauce romesco. Pork chops marinated in the fridge. On the stove simmered dashi, a Japanese broth, in which I later steeped dried shrimp and bits of prosciutto for a "tea" that would flavor paella. My senses—and kitchen—had come alive.

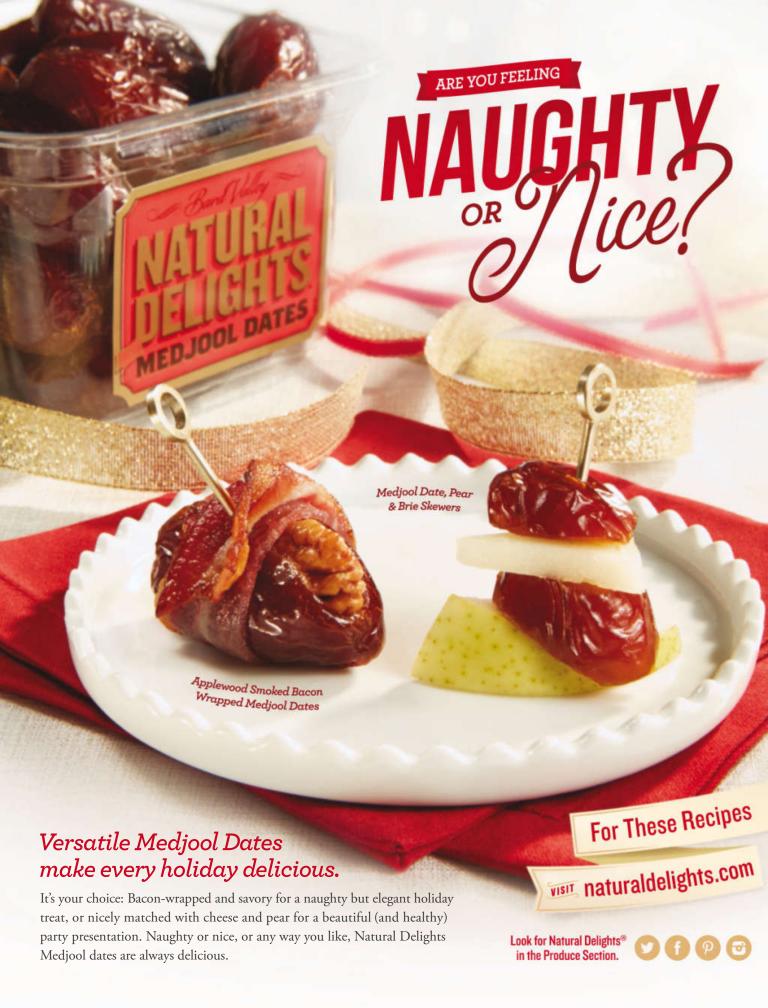
Friends arrived. We seared the shrimp on a cast-iron griddle and set them out on a platter, their flesh snappy and sweet from the brine, with the romesco. We grilled pork chops and served them with sweet potatoes roasted directly in the coals. Good food tastes better in good company.

I pulled Smillie's paella off the grill. We ate the rice quietly, savoring its saline, earthy qualities. No dad-jeans flavors here. It was an honor to share my mentor's food with fellow cooks, and the more I cooked from *Slow Fires*, the more I realized that the fire Smillie stoked in me continues to burn slow and steady.

(More recipes on next page)



Recipes adapted from Slow Fires. Copyright © 2015 by Justin Smillie. Published by Clarkson Potter/Publishers, an imprint of Penguin Random House LLC. \$40, 320 pages



## THE TORMENTOR RECIPES

#### Roasted Winter Fruits and Vegetables with Farro Porridge

Hands-on: 53 min. Total: 2 hr. 3 min.

This rustic dish serves as a tutorial for both steam- and dry-roasting. Serve the fruit and vegetables with the savory farro porridge and sweet-sour mostarda (recipe below) for brunch, a vegetarian main course, or a festive side dish.

#### Porridge:

- 9 cups water
- ½ teaspoon kosher salt
- 2 cups uncooked pearled farro
- 3 ounces pecorino Romano cheese, grated (about <sup>3</sup>/<sub>4</sub> cup)
- 2 tablespoons butter

#### Vegetables:

- pound medium beets (preferably Chioggia or gold), trimmed and scrubbed
- 12 ounces baby carrots, trimmed
- ½ cup olive oil, divided
- teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground black pepper, divided
- 10 thyme sprigs, divided
- 2 Bosc pears, halved vertically
- Honeycrisp apple, halved vertically
- 3 sage sprigs
- 1 cup bottled roasted chestnuts
- 1. To prepare porridge, bring 9 cups water and ½ teaspoon salt to a boil over high heat in a large Dutch oven; stir in farro. Reduce heat, and simmer 1 hour or until farro has released its starch. Remove from heat. Stir in cheese and butter.

  2. Preheat oven to 400°. While farro cooks, prepare vegetables. Prepare 2 (24 x

18-inch) sheets of foil. Place

beets in center of 1 sheet.



Place carrots in center of other sheet. Sprinkle each with 1 tablespoon oil, ½ teaspoon salt, ½ teaspoon pepper, and 5 thyme sprigs. Seal packets tightly. Place packets directly on the floor of the oven. Roast carrots at 400° for 25 minutes or until tender, turning every 10 minutes. Roast beets 50 minutes or until very tender, turning every 20 minutes. Remove from oven. Peel and quarter beets.

3. Heat remaining 2 table-spoons oil in a large castiron skillet over medium heat. Add pears and apple, cut side down, to skillet; cook 4 minutes. Reduce heat to medium-low; cook 12 minutes or until caramelized. Turn fruit over. Add sage to pan. Roast at 400° for 10 minutes. Add chestnuts to pan; roast an

additional 5 minutes. Discard sage. Sprinkle with remaining ½ teaspoon salt and ¼ teaspoon pepper. Add beets and carrots to pan; heat thoroughly. Quarter pears; cut apple into 8 wedges.

**SERVES 8** (serving size: 1 cup vegetable mixture and <sup>1/</sup>2 cup porridge)

**CALORIES** 417; **FAT** 14.7g (sat 5.5g, mono 5.8g, poly 1.1g); **PROTEIN** 12g; **CARB** 63g; **FIBER** 10g; **CHOL** 19mg; **IRON** 3mg; **SODIUM** 666mg; **CALC** 149mg

#### Pear Mostarda

Hands-on: 15 min. Total: 9 hr.

- $2\frac{1}{2}$  pounds Bartlett pears
- $\frac{1}{2}$  cup sugar
- 2 tablespoons mustard seeds, toasted
- 2 teaspoons kosher salt
- 2 teaspoons chopped fresh thyme
- lemon, thinly sliced and seeded
- 1 tablespoon rice vinegar
- **1.** Peel and chop pears into <sup>1</sup>/<sub>4</sub>-inch pieces; discard seeds.

#### SMILLIE'S 2 STEPS TO ROASTING



Wrap carrots and beets in a foil packet and steam-roast directly on the oven floor, which will give them a bit of uneven, rustic caramelization on their smooth surfaces.



Brown the fruit over medium heat in the skillet to get gentle, even caramelization before adding the sage and finishing in the oven.

Place pears and next 5 ingredients (through lemon) in a large bowl; toss to coat. Let stand at room temperature 6 hours (or refrigerate overnight), stirring occasionally.

2. Pour pear mixture (including accumulated juices) into a large heavy saucepan or enameled cast-iron pot. Cover with water to ½ inch above fruit. Bring to a simmer over medium heat. Reduce heat to medium-low; cook  $1\frac{1}{2}$ to 2 hours or until fruit achieves a jammy consistency, stirring frequently toward the end of cooking. Remove from heat; stir in vinegar. Cool. Store in refrigerator up to 2 weeks. **SERVES 32** (serving size: 2 tablespoons) CALORIES 35; FAT 0.2g (sat 0g, mono 0.1g,

poly 0.1g); PROTEIN 0g; CARB 9g;

FIBER 1g; CHOL Omg; IRON Omg;

SODIUM 128mg; CALC 8mg



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RESPOND WITH FOOD. COPY DIRECTOR SUSAN ROBERTS MCWILLIAMS
FOUND THIS SOMETHING FOR WHICH TO BE THANKFUL.

ILLUSTRATIONS BY MARK HOFFMANN

# **EARLY ON,** I just couldn't stand eating alone. I realized that I needed to eat sometime and there needed to be people, and I didn't have anybody to eat with."

I was listening to my new friend, Rhonda Rutledge; we are both native Kentuckians now living in Alabama.

"And so I would just go to an unhealthy fast-food spot, and I'd just go and get a sandwich. The place in Jasper in the middle of the day where there were the most people was the Home Depot [laughs]. There was a lot of activity and a lot of people walking around. And I just would take my sandwich and go to the parking lot, park in the busiest area, and eat my sandwich, and pretend that I was eating with those people. And it, you know, seems weird to a lot of people, but it worked for me, for that period of time that I was in."

"You just do what you have to do," I said.

"I think everybody has to. Just however you can survive. And that worked for me."

I loved that story from the first time I heard it, when Rhonda was serving as a volunteer for a spousal-loss support group I was attending. Just a few months before, I had lost my 43-year-old husband to a rare cancer. I had many things weighing on me at the time, but one thing that was a curiosity was that I could barely even go into the kitchen, much less cook or eat anything in there. It was just one part of the constellation of craziness I was feeling.

Rhonda, who had lost her young adult son about 11 years before and then her husband about 18 months after that, certainly understood. I loved her Home Depot story because I got it, and it immediately made me feel like if I was crazy, at least I was in good company.

I felt the same way about all the subsequent stories shared by other members of my group over the following weeks, from the people whose fractured eating habits seemed to leave them stuck on one particular food to the men who spoke of being hounded by the neighborhood "casserole queens"—women who would cajole or muscle their way into the homes of grieving men to assert food gifts onto them. (There seemed to be some gender bias inherent in that phenomenon.) None of us had any answers, but we were all in the same boat.

Or, as Rhonda said to me more than once, "You know, Susan, grief is really just the pits."

#### BEAUTIFUL NECESSITY

when Mark and I fell in love, we did so where many people do—over dinner. We met through a group of mutual friends who went out to eat at least once a week. It didn't take long to figure out that this handsome young architect was quite interested in food. We both enjoyed good food, and we went out to eat a lot in those early days, first with the group, and then just the two of us.

Mark particularly enjoyed the scientific hows and whys of cooking—that was often the hook that got him interested. But he also had a great appreciation for the art of food preparation. One time when we went out for sushi with the group, Mark explained to me that he thought food and architecture were similar.

"Food and shelter are both necessities," he said. "We all need both food and shelter. But from that necessity,

you can develop something that is beautiful, something that gives you great enjoyment and that enriches your life." When the server brought our beautiful sushi rolls, Mark gestured toward his and said, "See? Architectural." I was tickled to have a little insight into his philosophy.

We had many life-enriching dinners out in the early days, and as our relationship got more serious, we started cooking together more at home. Mark was an adventurous eater and pretty discriminating-much more so than I—and we always ate well. That's not to say we spent a lot of money; we were often just as happy at some little holein-the-wall. We reveled in our Southern roots at barbecue joints and funky bars that served craft beers alongside items topped with hot pimiento cheese. But we also enjoyed all kinds of foods, such as warm, comforting Vietnamese noodle dishes and bright, herby Peruvian finds from restaurants just a stone's throw from our home. We were regulars at our local Greek and Lebanese food festivals-two much-loved Birmingham institutions. But most of all, we spent time at DeVinci's, a local pizza and pasta place where Mark warmed a bar stool very regularly before we got married (and still fairly regularly afterward). There we would get supremely indulgent pasta dishes, most smothered in cheese, and chat with the other regulars and staff, who treated us like family.

When Mark was diagnosed with ocular melanoma, a form of cancer that develops in the eye, his ophthalmologist in Birmingham suggested he seek treatment in Philadelphia. Wills Eye Hospital and Thomas Jefferson University Hospital, both in Philly, are world leaders in treating this rare cancer. When Mark first

started making the trips there with his parents and his sister, I was impressed by his family's dedication to making them as enjoyable as possible. They would take sightseeing tours and visit wonderful restaurants, and generally make these journeys seem as much as possible like family vacations. By the time I started tagging along, they were well versed in many of the best restaurants in Center City.

I suppose that's where the balancing act between enjoyment and necessity began. We would go out for convivial meals at places such as [Jose] Garces Trading Company for European bistro fare one night, and then trade that for sad, gray hospital mystery meat and crackers from the vending machine for the next couple of days. But in just a few days or so, Mark would bounce back, and we would be out eating something fabulous, like those beautiful sushi rolls, in celebratory fashion.

We would return home from these treatment trips and continue building our life together. Sometimes Mark would watch me cook, all the while giving me pointers and a scientific explanation of how whatever technique



as good a form of premarital counseling as any. The results were delicious.

Looking back, I believe we were blessed to be able to maintain such a state of happiness for most of the five years after Mark's initial diagnosis. For a long time, he was virtually symptomfree, except for some vision distortion and eventual blindness in his right eye. But eventually, the signs of his advancing illness began to creep in.

sweetened with oranges. Unfortunately, after a few months, this treatment was suspended for the worst possible reasons: My already-slim husband had lost almost 30 pounds, indicating a greatly affected quality of life, and it was all for naught, as medical imaging showed that the cancer had spread far more than we had realized.

After he stopped that treatment, Mark seemed to recover pretty well. We continued to enjoy our time together with friends and family, eating as well as always. But as 2013 progressed, Mark became noticeably sicker. He eventually had to have his right eye removed, which was a huge psychological blow. I told him his eye patch was sexy, but I knew it was also a constant reminder of the cancer.

By December, Mark was clearly more fatigued, and his appetite was waning. On New Year's Day of 2014, I called an ambulance for him because he had gotten very sick at home and was obviously in a lot of pain. At the hospital, we learned he was having trouble because of cancer in his intestines. He started to lose weight at an alarming rate, and I knew he was in serious trouble. In his last few weeks, I could barely get him to eat anything. I would make milk shakes for him and add anything I thought might be

## That's where the balancing act between enjoyment and necessity began. We would go out for convivial meals, then trade that for hospital mystery meat."

I was using was affecting the food. (I did not always appreciate this.) But he seemed to enjoy it so much, and I was happy that he'd rather be in the kitchen with me than watching TV.

On the Valentine's Day before we got married, we made ravioli together. You had better believe this was Mark's idea. I never would've taken on such a thing myself. But it was fun, as we fumbled with the dough and applehazelnut filling, and we decided it was

Mark tried several experimental treatments, and one made him very sick. He developed terrible problems with acid reflux—really, problems all along his GI tract. Sadly for such a food lover, this treatment also affected his sense of taste so that very little tasted good to him. A number of us racked our brains to come up with meals that had a sweet flavor profile and therefore might appeal to him, and there were some moderate hits along the way, such as a pork stew I tried that was

beneficial—pasteurized eggs, yogurt, anything with protein. I tried to nurture him the best way I knew how—through food—but the cancer would not allow it. Up until the end, Mark was always gracious about my efforts to feed him, thanking me for everything I tried. But he had more and more trouble getting food and even liquids down, and then swallowing became a problem. Finally, on March 31, 2014, his soul escaped a body that had betrayed him.

#### FOOD FOR COMFORT

IT IS HARD to describe those first few weeks after Mark's death; in some ways, it is even hard to remember them. Although he died of a cancer we had known about for some time, his death was still such a shock. Everyone grieves differently—if I've heard that once, I've heard it a thousand times. It turns out I wasn't the type to cry much in the beginning. I felt so numb. I felt like I was underwater, with everything moving very slowly and at a distance, and that I couldn't understand things that were being said to me. I was surprised by how out of it I felt. I expected to be very, very sad, but I hadn't expected to feel so drugged.

I knew I had to do certain things: I had to go to the funeral. I had to dress appropriately and stand up and talk to people. I will always be thankful for the friends and family around me who made this happen, because I'm not exactly sure how everything got done. I know it took a village.

The funeral was horrible, of course, and I couldn't wait for it to be over so that I could do what I really wanted to do: lie on the sofa. As out-of-town family and friends returned to their homes, I pursued my new hobby with a vengeance. Soon it became lying on the sofa and watching Law & Order. I have never watched so much Law & Order in my life. I really do love the show, but that had less to do with it

than the fact that you can find at least one version of it on some channel at any time, day or night. It became a constant in my life. There was absolutely nothing else in the world I wanted to do; in fact, nothing else seemed worth doing. I had tried so hard to save Mark from his cancer. I had tried, and I had failed. I didn't want to try to do anything else, ever again.

In those early days, I started to receive a number of wonderful food gifts from friends and neighbors. I knew that it was customary to bring food to someone who had lost a loved one, but until I lost Mark, I didn't fully understand why. I mean, sure, it seemed like a nice thing to do. But it wasn't until this phase of my life that feeding myself decent, adult food on a regular basis felt so far beyond my grasp.

A group of friends, one of whom is a baker at our local Whole Foods, brought us a large platter of breakfast pastries to set out at Mark's funeral. Everyone loved them. I received many gifts of food from my coworkers here at Cooking Light. Deb Wise, the Baking Goddess herself, baked some of the best cookies I have ever tasted just for me. I received wonderful things—in particular, a number of muffins and quick breads, which were great for sharing with out-of-town guests. Production Editor Hazel Eddins gave me a big fruit salad. This was a spectacular gift, as it was probably the only fruit or vegetable I had eaten in weeks.

A little later, during my Law & Order phase, one of my neighbors, someone I had met just briefly, came

over to express his condolences, and he brought me a pint of chicken salad from a local restaurant and a package of Hawaiian rolls. I felt like I had won the lottery. I probably ate those for every meal straight through right after I got them. I loved them, and they helped to round out

what had been a steady diet of Ritz crackers and fast-food milk shakes.

Later, when I was back at work, I discussed this phenomenon of giving food to the bereaved with Executive Food Editor Ann Pittman, and I think she summed it up nicely. She said, "Friends know they can't help you through the pain of your loss, but providing food is one tangible, concrete thing they can do. There is something so basic and primal about cooking for someone and nourishing her in a time of need." Or, as Alan Wolfelt, PhD, author and grief counselor, wrote in his book *Healing Your Grieving Body*, "Food is symbolic of love when words are inadequate."

As hard as it was to return to work, I thought it would be good to get back into a routine. And it was. It's just that I would get up, get dressed, go to work, and come home, and I still felt like I could barely do anything else. This is when I settled into a habit that I had dabbled in earlier: I started hitting a fast-food or takeout joint most every night on my way home from work. Even in my younger years, when I was right out of college and not terribly interested in the idea of domestic bliss, I never lived quite like this—eating so much takeout. I simply could not abide the idea of going home and cooking a meal.

For one thing, I wasn't up for taking on any activities that I didn't absolutely have to do. A friend of mine, Jade Davis, who became a widow at the age of 32 and who now

volunteers with her local non-medical hospice group in Washington, D.C., once described her view of grief to me like this: "A person who is grieving is like a computer that has a huge program running in the background, eating up memory and draining



resources away from the computer's performance." That's exactly how I felt during those early days, how I continued to feel through the following months and even today, although I am much improved. That sense of loss is never far from my mind, draining away my resources.

But there was something particularly troubling about food. I barely went into the kitchen for about six months after Mark died. I still got hungry. I knew that I should be cooking something reasonably healthful to keep myself well during this time of great stress. And I did not have much trouble eating—something that can be a problem for a lot of people. The truth was, I didn't care what I was eating. I was just shoveling something into my body because I knew I had to. There was no joy in the experience.

To go into the kitchen and cook a really good meal, the kind of meal that would make the whole house smell wonderful, that's the kind of scenario that takes place in a happy home—a home full of joy and life, and full of people, for that matter. The very idea of going into the kitchen and trying to replicate that experience only for myself, in a house full of loss, where my only reason for celebration was now gone, made me feel like such a fraud. I just couldn't bear it.

#### COMFORT IN COMMUNITY

**A FEW MONTHS** after Mark died, I did one of the first items on a long list of things I never expected to do: I joined a spousal-loss support group. I have never been a social joiner type, but after I became a widow at the age of 43, I suddenly wanted to spend some time among other people who were going through the same thing.

This is probably the best decision I have made on what we now commonly call our "grief journey." I found it to be incredibly helpful to be around people in similar situations, in a setting that was well facilitated by grief counselors and volunteers. All of the volunteers,

such as Rhonda, were people who had lost a spouse and been through this program, generally several years before.

In the beginning, it was difficult to go in, introduce ourselves, and share our stories for the first time. And some of those early meetings were painful for me because I felt like I was getting by just going through the motions of life; as such, I didn't always want to take the time to stop and confront my feelings. However, somewhere, deep down, I felt like that would be a better route than denial. So I stuck with it, and I am so glad I did. I don't think I could exaggerate how helpful and healing it was to meet with these

peers and share our stories of loss and how we were coping with it (or not), encouraging each other along the way.

I was surprised to find out that issues with food were so common. I had an inkling, but I didn't realize how widespread the problem was. Our meetings always included dinner, which was great. We would sit down to eat together and talk about how this was the best meal we'd had all week.

This is where many of the food stories would come out. One woman confessed that she was pretty much living on cheese and crackers at home. It turned out that I wasn't the only one hitting the fast-food drive-through

## OF FOOD

The tradition of taking food to those who have lost a loved one is old and widespread; people instinctively know to take care of the bereaved. Here are a few tips.



## FREEZABLE ITEMS STAND ABOVE ALL ELSE. It's great for the recipient to have

for the recipient to have food she can put away for later, when she isn't having as many visitors, when she's trying to get back to work, or when she's just having a bad day and doesn't feel like cooking or leaving the house.

strive for ease. This is why casseroles are perfect—they are freezable, easy, and comforting. If the dish is something you can preportion according to the recipient's particular situation, that's also helpful.

#### DON'T SKIP BREAKFAST.

A number of friends gave me breakfast foods, such as muffins and quick breads. These are great to have on hand when people stop by. Many are also freezable.

#### OFFER LEAVE-BEHINDS.

When I take people food, I try to use disposable containers. However, grief expert Alan Wolfelt offers a different idea: delivering food on your best dishes. He says, "The nice plates provide you with a reason to go back several weeks later, retrieve your plates," and spend more time visiting when things are less hectic.

KEEP IT COMING. Like many people I talked to, Rhonda Rutledge mentioned that so much food shows up early on, but then it drops off. "In two months, either take someone to dinner, or don't just drop a casserole off but take it and ask if you could eat together," she says. It isn't just a matter of having food but also of having someone to eat with.

#### AIM FOR HEALTHY.

Convenient, comforting food is important, but if you can get the grieving person to eat something healthful, so much the better. People tend to eat wildly irregular diets when grieving. A fresh fruit salad or crudités with dip could be a nice change from the usual heavier fare.

JUST GIVE. My favorite piece of advice from Wolfelt: Don't be too logical. Don't worry about taking something the bereaved might have already received, or about taking too much food. "It is not about whether they can logically eat all the food. It is about them looking around and seeing how so many people want to support them at this difficult time," he says. That's the bottom line.

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pretty hard. A number of people talked about the difficulties of sitting down at the dining room table and eating alone; a lot of eating was done while standing at the kitchen counter, sometimes in the dark, sometimes while still wearing a coat after coming in from outside. They, like me, saw eating as a necessity, but just something to get through.

In this group, we read some materials from Wolfelt, and a few months later, I was able to talk with him at a local speaking engagement. "In my clinical experience, around 80% of people have appetite loss, 10% have appetite gain, and 10% have no change in appetite," he said. About the people who experience appetite loss, he said, "Focus is outside the self, and every thought early on in the journey is of the person who died. Eating is simply not a priority in the early phases of the loss experience." He stresses the importance of keeping the mourner hydrated and fed as much as possible: "Mourning and getting support will often help create the return to a normal diet, but it is usually a much slower process than many are aware of. We must be patient and mourn."

Occasionally, throughout the course of my grief, I have felt a little bit guilty about the fact that I have gained weight. Losing weight because of heartbreak seemed more virtuous to me than porking up because of relentless trips to the drive-through. I did not pose a direct question about this to Wolfelt, but he addressed my concerns anyway: "There is actually some good research that shows that when we as humans are under stress (and bereavement naturally results in stress), if we try to deny the stress we will often eat even when we are not actually hungry, and the result is weight gain. So mourn well, and care for your body as you do so." I hadn't thought of myself as trying to deny my stress, but once I did go back to work, I tried to stay busy, both at work and outside of it. Mindfulness and self-care in many areas, including eating, are now goals of mine.



### LIFE, AGAIN

THE WEEKEND OF Halloween 2014, seven months after Mark died, my parents came to visit. They came for a couple of reasons. Halloween is a big deal in my neighborhood. I still live where I lived with Mark, and this area is full of children. Mark loved Halloween; he would decorate and have Harry Potter movies on in the background. (Children would walk right into the house to watch a little Harry Potter before their parents came in after them.) I was feeling a little sensitive about the holiday. Also, the Sunday after, my Methodist church would be having its annual All Saints' service—a beautiful remembrance of those who had died the previous year. I had always loved this service but didn't want to face this one alone.

My parents were driving hours to be with me, and I knew it would be best if we didn't have to get out to look for food. I kept thinking, "Just pull up your big girl panties and make dinner."

And so I did. I made something I knew would be easy and good—a beef stew in the slow cooker. After work, I came home to a really good meal—the kind that made the whole house smell wonderful. And my parents were there, and throughout the evening, all of the neighborhood kids came by, excitedly begging for candy, and it was a very festive scene. I missed Mark terribly, as he would've enjoyed the madhouse.

But for once, our little house had life in it again, and it did not feel like a fraud.

Not long ago, Mark's sister, Lisa, sent me a photo of a postcard Mark had sent to her when she was in college at Auburn University and he was in Europe with his architecture program. It's so Mark. The picture on the postcard is of an owl sitting on a fence post. Part of his message to her was this: "It occurred to me that you are taking finals so a word to the wise. Take it easy, don't get rattled, and remember time keeps ticking and soon it will be over. Nothing's important enough to sacrifice health, and even wise old owls occasionally sit on fence posts." I know he was speaking to Lisa during finals week, but I also somehow felt like he was trying to tell me that now. If Mark had left something with me to take care of after his passing, I would've taken care of it to the best of my ability. I now realize that the thing he would most want me to take care of is myself.

Last summer, Lisa and her husband, Brian, came to visit, and I met up with them and her parents at DeVinci's. Lisa and Brian had their indulgent, cheesy pasta dishes, the parents-in-law and I shared our favorite pizza, and Mark's dad ordered a craft beer that Mark would've appreciated. We talked about Mark, and we talked about things that were happening in the present, and the staff still treated us like family. It seemed a fitting tribute.

Mark was always gracious with me; he always thanked me for the things I did to try to take care of him, especially as his illness progressed. However, I never said nearly enough about how much he did for me. Mark gave me a love I had never known. He taught me to enjoy life, to celebrate all accomplishments, big and small, and that a good meal and a nice bottle of wine were a fitting way to honor our engagement, a promotion at work, or even just a pretty day. I think Mark would be happy for me to try to continue on in this way and live my life to the fullest, even in his absence. I'm not there yet, but with the help of my friends and family, I believe I will get there.

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Hands-on: 15 min. Total: 15 min.

- 1 tablespoon canola oil
- 4 (4-ounce) boneless center-cut pork chops
- 3/4 teaspoon kosher salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- 1/3 cup minced shallots
- ½ cup dry white wine
- 3/4 cup unsalted chicken stock (such as Swanson)
- steel skillet over mediumhigh heat. Add oil; swirl to coat. Sprinkle pork with ½ teaspoon salt and ¼ teaspoon pepper. Add pork to pan. Cook 4 minutes; turn and cook an additional 3 minutes or until done. Remove from pan.

Why? The proteins and sugars that meat releases as it sears stick to the stainless steel pan (unlike nonstick). The protein bits are called fond.

- reduced by half, scraping pan with a flat wooden spoon to loosen browned bits.
- Why? Adding liquid to the pan and heating it makes it possible to scrape up the fond. The browned bits dissolve and add deep, meaty flavor to the deglazing liquid.
- **3.** Add stock. Bring to a boil; cook 4 minutes or until reduced to  $\frac{1}{3}$  cup. Add thyme sprig. Remove from heat. Whisk in

pepper, and butter. Spoon sauce over chops.

Why? The resulting deglazed mixture is now a flavorful base for a sauce that's enriched at the end with butter. The salt's flavor concentrates as the sauce cooks, so season at the end.

SERVES 4 (serving size: 1 chop and about 2 tablespoons sauce)

CALORIES 241; FAT 13.6g (sat 4.7g, mono 5.4g, poly 1.8g); **PROTEIN** 23g; **CARB** 3g; FIBER 1g; CHOL 78mg; IRON 1mg; SODIUM 440mg; CALC 34mg

-Robin Bashinsky

Combine 3/4 cup sugar and <sup>3</sup>/<sub>4</sub> cup water in a medium saucepan; bring to a simmer over high heat, stirring constantly. Reduce heat to medium-low, and add 2 cups sliced **celery**; cook 8 minutes. Cool completely. Strain; discard

**CELERY GIN FIZZ** 

celery. In each of 8 glasses, combine  $1^{1/2}$  ounces gin,  $2^{1/2}$ tablespoons celery syrup, and ½ teaspoon fresh lemon juice. Top each with  $\frac{1}{3}$  cup chilled **club** soda. Add ice, and garnish with leafy celery heart.

SERVES 8 (serving size: about <sup>2</sup>/<sub>3</sub> cup) CALORIES 174; FAT Og; PROTEIN Og; CARB 20g; FIBER 0g; CHOL 0mg; IRON

## Use It Up Challenge: Celery

Celery is an essential supporting flavor player in many dishes—it lends a necessary savoriness and crisp-tender texture to the Sausage and Chestnut Dressing on page 147. After such a delicious performance, the leftover stalks deserve a turn in the spotlight.

**SPICY PEANUT BUTTER-STUFFED CELERY STICKS** 

Combine 2 ounces softened 1/3-less-fat cream cheese and 3 tablespoons peanut butter in a medium bowl. Beat with a mixer at medium speed for 1 minute or until light and fluffy. Place peanut butter mixture in a small zip-top bag or a pastry bag with a star tip. Pipe about 2 teaspoons peanut butter mixture into each of 12 ( $2^{1/2}$ -inch-long) celery sticks. Sprinkle evenly with  $\frac{1}{8}$  teaspoon **ground red pepper**.

**SERVES 6** (serving size: 2 sticks) CALORIES 76; FAT 6.2g (sat 2.1g, mono 2.5g, poly 1.3g); **PROTEIN** 3g; **CARB** 3q; FIBER 1q; CHOL 7mq; IRON 0mq; SODIUM 91mg; CALC 26mg

**SHAVED CELERY** AND PARSLEY **SALAD** 

Combine 1 teaspoon grated lemon rind, 1 tablespoon fresh lemon juice, 2 tablespoons olive oil, ½ teaspoon honey, ¼ teaspoon kosher salt, ½ teaspoon ground red pepper, 1 minced garlic clove, and 1 anchovy fillet in a mini food processor; process until smooth. Combine 2 cups very thinly diagonally sliced celery,  $\frac{1}{2}$  cup thinly sliced **fennel bulb**,  $\frac{1}{2}$  cup flat-leaf parsley, and  $\frac{1}{2}$  cup thinly sliced red bell pepper in a large bowl; drizzle with vinaigrette. Toss well to combine.

SERVES 4 (serving size: about 1/2 cup) CALORIES 89; FAT 7.2g (sat 1g, mono 5g, poly 0.9g); PROTEIN 2g; CARB 5g; FIBER 2g; CHOL 3mg; IRON 1mg; SODIUM 177mg; **CALC** 47mg

-Recipes by the CL Kitchen

bay leaves in a large saucepan over high heat; bring to a boil. Add 5 cups  $(1^{1/2}$ -inch) pieces diagonally cut celery, veins removed, to pan. Reduce heat; simmer 15 minutes or until verv tender when tested with a sharp knife. Transfer celery to a serving plate using a slotted spoon. Sprinkle evenly with 3 tablespoons toasted crushed hazelnuts, 2 tablespoons extra-virgin olive oil. 1/3 cup **celery leaves**, 1/4 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper. SERVES 6 (serving size: 2/3 cup) **CALORIES** 93; **FAT** 9.3g (sat 1.2g, mono 7g, poly 1g); PROTEIN 1g; CARB 2g; FIBER 1g; CHOL Omg; IRON Omg; SODIUM 197mg; CALC 21mg

\*STAFF FAVE

**LEMONY BRAISED** 

Combine 3 cups water,

3 cups unsalted chicken stock,

 $\frac{1}{4}$  cup **extra-virgin olive oil,** 

5 (1-inch) strips **lemon rind**, 2

tablespoons fresh lemon juice,

2 teaspoons kosher salt, and 2

**CELERY WITH** 

**HAZELNUTS** 



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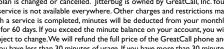
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We've sorted through the kitchen cupboards and drawers to determine which gear will make Thanksgiving prep easy and streamlined—and which gadgets you're better off tossing.



### **ROASTING PANS**

Even the heaviest-duty disposable aluminum foil pan is just a little too flimsy for a big bird, potentially bending or folding just when you need it to hold up. Plus, without handles, removal from the oven can get rather dodgy. Instead, use a heavy-gauge stainless steel roasting pan with a fitted rack to elevate the bird from its



drippings and allow vegetables on the bottom to cook evenly. Try All-Clad's Petite Roti pan (\$160), which can fit up to a 12-pound turkey and includes an easy-to-clean nonstick rack. www.estore.all-clad.com



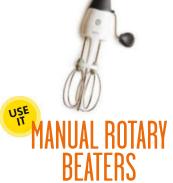
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## **NONMETAL PIE PLATES**

For a beautifully browned piecrust, stick with tempered glass or ceramic pie plates. Old or new, they conduct heat slowly and evenly (no hot spots), are often dishwasher safe, and won't rust like metal pie plates can. Bonus: Most ceramic pie dishes are pretty enough to go straight to the dessert buffet. If you need a new one, look for a dish that's freezer safe for make-ahead convenience, such as the Emile Henry Pie Dish. It can also be heated up to 500° and is chip and shock resistant. \$45, emilehenry.com





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#### **RUSTIC FEAST**

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## FAT SEPARATOR

The physics behind these hasn't changed much over time, so if you inherited Grandma's, it will still do a great job of sending the drippings that fall to the bottom of the vessel through the siphoning spout, while the fat floats on top.



#### **VINTAGE**

Old-school versions do what modern ones do. Avoid overfilling so nonseparated liquid won't spill over the pour spout.



#### UPDATED

Try OXO's Good
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that prevent fat from
entering the spout.
\$10, oxo.com



#### MODERN

Remove fat layer from stock as it cooks with this Fat Skimming Ladle. \$40, williams-sonoma.com



## TURKEY BASTER

Not only does basting not change the meat's flavor, but it also prevents crispy skin from forming. Instead, use a brush lightly coated with oil at the end of roasting to help crisp the skin (see Brown Sugar— Cured Turkey, page 146).



### **CARVING KNIVES**

That electric carving knife your dad's had forever can do a pretty awesome job of quickly breaking down the turkey and cutting precise,

even slices of meat, so let him have his fun. But you can always go manual. Use a long, thin, well-sharpened knife like the Zwilling Pro S Carving Knife. \$110, surlatable.com





## november recipe index

## KEY

- QUICK & EASY
- GLUTEN FREE\*
- KID FRIENDLY
- MAKE AHEAD
- FREEZABLE
- VEGETARIAN

\*Read labels carefully; gluten hides in unexpected places.

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one hour or less

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bold and different

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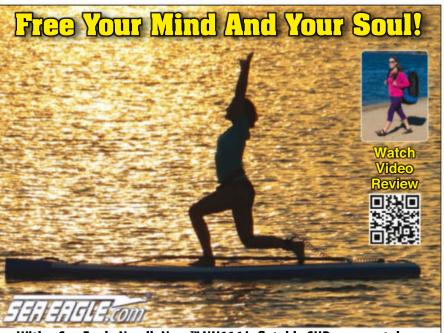
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#### MAKE-AHEAD MENU

get a head start

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Cauliflower Salad p.160

**Roasted Brussels** Sprouts p.129

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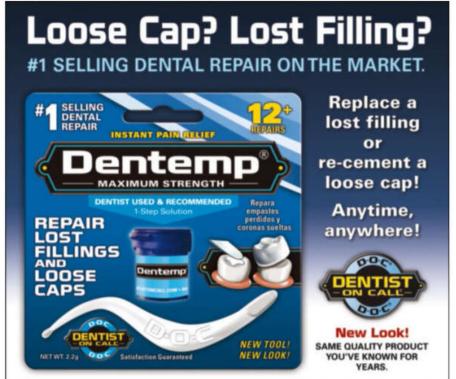
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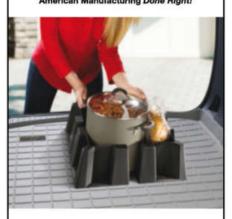


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#### **APLE PUMPKIN PIE** WITH A MESSAGE

Hands-on: 20 min. Total: 2 hr.

To use up the leftover pumpkin, try adding some to a breakfast smoothie, or stir into pancake batter. Or combine with a splash of half-and-half, season with sage, and toss with pasta.

- 1 (15-ounce) package refrigerated pie dough, divided
- 1 cup evaporated low-fat milk
- 3/4 cup packed brown sugar
- 1/4 cup maple syrup
- $1\frac{1}{2}$  teaspoons pumpkin pie spice
  - 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/8 teaspoon salt
- large eggs
- (15-ounce) can plus 2 cup unsweetened pumpkin
- 1 teaspoon water
- 1 large egg yolk
- 2 teaspoons granulated sugar (optional)
- **1.** Preheat oven to 450°. 2. Roll half of pie dough into a 12-inch circle. Fit

into a 9-inch deep-dish pie plate. Fold edges under;

flute. Line dough with parchment paper; fill with pie weights. Bake at 450° for 10 minutes or until golden. Place on wire rack.

- 3. Reduce oven temperature to 350°.
- 4. While crust bakes, combine milk and next 9 ingredients (through pumpkin), stirring until well combined. Pour into crust, place in oven, and bake at 350° for 1 hour and 10 minutes or until set. Cool on a wire rack.
- 5. While pie bakes, unroll remaining pie dough; roll into a 12-inch circle. Cut dough into 1/3-inch-thick strips. Gently shape strips into lettering on a baking sheet lined with parchment paper; keep dough chilled until ready to bake. (Discard remaining dough, or reserve for another use.) **6.** Lightly beat together
- 1 teaspoon water and egg yolk. Lightly brush dough lettering with yolk mixture; sprinkle with granulated sugar, if desired. Bake at 350° for 10 minutes. Cool on a wire rack; arrange lettering on top of pie.

SERVES 12 (serving size: 1 slice) CALORIES 242; FAT 9.3g (sat 3.7g, mono 2.8g, poly 1.1g); PROTEIN 5g; CARB 37g; FIBER 1g; CHOL 84mg; IRON 1mg; SODIUM 212mg; CALC 97mg

-Recipe by Cheryl Slocum

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